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FUN REMAKE OF HIT TELEVISION SHOW GIVES ACTOR A CHANCE TO BRANCH OUT PAGE 16

OTTAWA metro®

Tuesday, March 13, 2012

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Lansdowne redevelopment 'discouraging': Architect

'Generic' design. Architect calls for a more competitive design process

SEAN MCKIBBON
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A director with Architecture Canada is slamming the City of Ottawa's revamped design for Lansdowne Park as "generic" with key pieces missing.

"The Master Plan appeared to be a project with civic aspirations that had the potential to be more than simply a commercial development, but a popular 'people place' with a cultural dimension that would have been unique in Ottawa. The project approved by staff is far more generic," Allan Teramura, Architecture Canada's regional director for Ontario North East and Nunavut, wrote in an open letter to Mayor Jim Watson. It was posted on the website of the Friends of Lansdowne, a group that is suing the city over its handling of the redevelopment.

But people familiar with the design process say Teramura may not have all the facts. Coun. Peter Hume says some aspects of the design Teramura says are deleted are in fact still part of the project.

"I would take that letter with a big grain of salt," said Hume, insisting the design incorporates significant public-event space and represents "an evolution" in plans that comes after consultation with other prominent Canadian architects.

Friends of Lansdowne member June Creelman, who posted the letter to the website, says that any confusion over what parts of the design remain could have been avoided with a more transparent public process.

Intent is the matter

Trial hinges on whether ex-Mountie meant to kill Ottawa police constable PAGE 3

Big news for Berry

Actress' love life is getting better and better PAGE 17

A different view of Nixon

Love letters reveal former U.S. president's romantic side PAGE 5

Federal plan leads to PROTESTS

PAGE 13

Minister of Labour Lisa Raitt speaks in the foyer of the House of Commons on Parliament Hill Monday. Raitt introduced back-to-work legislation in the labour dispute between Air Canada and its pilots and machinists unions. The bill would send the embattled parties to binding arbitration. SEAN KILPATRICK/THE CANADIAN PRESS

PARALEGAL

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A question of intent

Gregson trial. Crown and defence square off over former Mountie's intent in knife attack

JESSICA SMITH
jessica.smith@metronews.ca

Did Kevin Gregson stab Ottawa police Const. Eric Czapnik because he meant to kill or because he reacted to a punch in the face with lethal knife work? A jury in Gregson's first-degree murder trial will begin weighing evidence on Tuesday.

Defence lawyers challenged barely any Crown evidence at trial and called Gregson as their only witness — a strategy aimed at focusing the jury on the issue of intent, said defence lawyer Craig Fleming in his closing statement on Monday.

For Gregson to be convicted of first-degree murder, he must have either intended to kill Czapnik or believed he might kill the constable while trying to rob him of his gun, Fleming said.

When Gregson stabbed Czapnik, it was a reflexive, unintended reaction to Czapnik punching him in the face during the struggle, something Gregson's years of RCMP training had ingrained in him. But it does not amount to intent to kill, Fleming argued, and is therefore manslaughter, not first-degree murder.

Crown lawyer Brian Holowka countered that Gregson made a series of deliberate choices leading up to the killing.

Gregson stole a car, got "dressed for battle" in black clothes and two bulletproof vests, brought two knives and a BB gun, Holowka said. Then Gregson chose to order Czapnik to his knees and jump on him, he said.

"Ultimately he chose to pull out his Peacemaker combat knife from its sheath and stab Const. Czapnik in the neck, knowing it would bring about his death," Holowka said. "It simply does not make sense that he just reacted and repeatedly stabbed him as he did."

Const. Eric Czapnik was ambushed and stabbed to death while sitting in his cruiser on Dec. 29, 2009. CONTRIBUTED

Kevin Gregson, charged with first-degree murder in the death of Eric Czapnik, is shown with a bandaged neck due to self-inflicted knife wounds in this police-lineup photo entered into evidence in court. CONTRIBUTED

Case in point

The question of Kevin Gregson's intention is key to both sides in the court case.

- **The Crown's argument.** The Crown says Kevin Gregson set out that night in 2009 with "murderous intent," looking for an armed police officer to confront — hoping to create a "spectacle" to embarrass his former RCMP bosses.
- **The defence's argument.** The defence says Gregson was so sure of his physical prowess that he thought he could subdue and handcuff an armed cop without violence. Stabbing Eric Czapnik was an unintentional "reflex" honed by years of training, his lawyer says.

'Blinky Blinkies.' Student in battle with U of O over his currency proposal

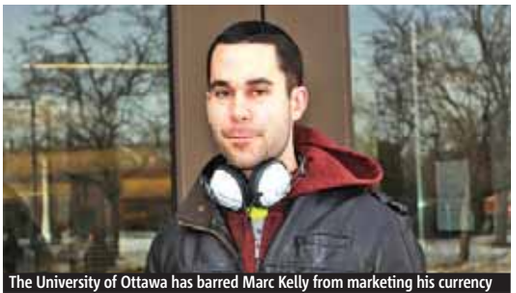
A University of Ottawa student was found guilty Monday of escaping lawful custody in April after he ran away from campus security guards onto an OC Transpo bus while handcuffed.

Marc Kelly has had a series of disputes with the university. In April, he was apprehended for trespassing, at which point he ran away.

"I fled the security guards to try to reach the police before they did," he said, adding that it was to stop the guards from lying to police about him.

He was charged with mischief, breaching the peace and escaping lawful custody, but the first two charges were dropped, he said.

The judge in his trial heard about his "Blinky Blinkies" — a form of currency similar to the Internet-based currency Bitcoin — because security guards testified that he was throwing them to a crowd of students when he was arrested.



The University of Ottawa has barred Marc Kelly from marketing his currency — dubbed Blinky Blinkies — via his mass-email system. JESSICA SMITH/METRO

"It's decentralized, it's not controlled by the banks," he said, describing the currency as electronic light pulses. "It's an innovative idea of replacing money on campus with a campus-specific currency that would enable a market independent of society. It's one possible solution to eradicating tuition fees."

Since his arrest, Kelly has been banned from contacting U of O students, faculty and staff because he has developed a mass-email system that he has used to contact them about various things, including his currency, he said.

JESSICA SMITH

Bombs away

Grenade scare clears out Aylmer police station

The Aylmer police station was shut down for almost 10 hours on Sunday after someone turned in a grenade dating back to the Second World War.

The Aylmer resident turned in the grenade at about 2:30 p.m. Gatineau police followed protocol by calling the Quebec Provincial Police, who in turn called in military specialists who removed the grenade at about midnight, said a Gatineau police spokesperson.

The station was evacuated in the meantime, but calls for service were routed through an outside line, police said.

JESSICA SMITH

Fast and furious

Gatineau cops clamp down on school-zone speeding

Gatineau police nabbed 20 school-zone speeders on Monday morning as students returned to class after Quebec's March Break last week.

The highest speed clocked in at 69 kilometres per hour in a 30 kilometre per hour zone. The driver got a $225 fine plus three demerit points.

Just one more kilometre per hour faster and the fine would have been $350 and six demerit points.

Police patrolled roads near several schools in Gatineau, and said they would be monitoring school zones for the next couple of weeks.

METRO

1 NEWS

Mobile news

The Canadian Space Agency is singing the praises of Dextre, a two-armed, $200-million robot, for its latest feat. Scan the code for the story.

On the web

Wi-Fi art thou

Homeless people as Wi-Fi hotspots? While some call the idea tested at SXSW on Monday empowering, others say it's plain old degrading. Get the full story at metronews.ca/video

Whistleblower recognized for spilling beans on cop harassment

Golden Whistle Award. B.C. municipal politician commended for public disclosure of report

JOE LOFARO
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A Prince George, B.C., councillor was in Ottawa on Monday to receive an award for his controversial release of a report to the media, which detailed cases of harassment in his city's RCMP detachment.

Brian Skakun says receiving the 2012 Golden Whistle Award is "bittersweet" with the ongoing legal battle he's been fighting for nearly three years. Peace, Order and Good Governance (POGG) Canada presents the award annually to Canadian whistleblowers.

In August 2008, the CBC published documents released to them by Skakun regarding complaints of harassment by three civilian employees at the Prince George RCMP detachment. Skakun was charged the following year for violating British Columbia's Freedom of Information and Protection of Privacy Act and was convicted in 2011.

He is appealing the conviction.

"I thought the public has got to know what's going on," recalled Skakun.

Reflection

"I would have felt worse, I think, had the public not ever known about it. I really would have, versus paying the prices I have."

Brian Skakun, Prince George, B.C., councillor
On his decision to release documents regarding complaints of harassment by civilian employees at an RCMP detachment

"It was a difficult decision because I have a sense of duty to my council colleagues and the municipal corporation, but I also have a real sense of duty to the people that elect me."

In the end, Skakun feels he made the right choice.

Aside from the financial burden that he faces — which he estimates to be approximately $30,000 — Skakun says the stress he and his wife have had to endure over the years has taken a toll as well.

In spite of that, he refuses to just plead guilty and pay a small fine.

"I would have basically said, 'You know, I guess you can muzzle me, muzzle elected officials,' and it would have been a victory for them," said Skakun.

Harry Weldon, chair of the Golden Whistle Award, commended Skakun for his open-government efforts before the award ceremony Monday.

"It's recognition for doing the right thing at the right time," said Weldon.

Prince George, B.C., Coun. Brian Skakun was in Ottawa on Monday to receive the 2012 Golden Whistle Award. JOE LOFARO/METRO

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GOP campaign. Kansas loves Santorum, but can he win Alabama, Mississippi?

Presidential hopeful Rick Santorum won Kansas on Saturday in the arduous Republican presidential race, easily disposing of his rivals in a state where two of them didn't bother to compete.

In early, unofficial results, the staunch social conservative had 51 per cent of the vote in the Kansas caucuses. Mitt Romney came in second with 21 per cent while Newt Gingrich and Ron Paul duked it out for third place. Only Santorum and Paul campaigned in Kansas, however; Romney and Gingrich sat it out. Forty delegates were at stake in the state where Christian evangelicals make up a third of the population and there's a long history of social-conservative activism. But Romney came out ahead in Wyoming. He took six of the 12 delegates up for grabs. Santorum gained three and Ron Paul one. The former Massachusetts governor also boosted his delegate count overnight when he won nine delegates each on the island of Guam and in the Northern Mariana Islands.

The Kansas and Wyoming contests represent a prelude to Tuesday's primaries in Alabama and Mississippi, contests that have taken on a new significance in the Republican race.

THE ASSOCIATED PRESS

Penn State abuse scandal

Former coach's fate still up in the air

A judge has heard arguments but opted not to rule yet on how much information former Penn State assistant football coach Jerry Sandusky should get in advance of his trial on child sex-abuse charges. Judge John Cleland gave no indication when he'd rule on Monday's arguments concerning the "bill of particulars" about the 10 purported victims that the attorney general's office provided Sandusky's attorney two weeks ago. THE ASSOCIATED PRESS

Jerry Sandusky
THE ASSOCIATED PRESS FILE

'A totally different person from the Watergate tapes'

A love letter exchanged between Richard Nixon and his wife, Pat, shown at the Richard Nixon Presidential Library and Museum's upcoming exhibit celebrating Pat Nixon's 100th birthday, in Yorba Linda, Calif. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Love letters. Richard Nixon's romantic side revealed in notes to his bride in exhibit at presidential library

Long before Richard Nixon rose to power and fell from grace, he was just another man in love.

Decades before he became known to some as Tricky Dick, Nixon was the one penning nicknames (sweet ones) to his future bride in gushy love notes that reveal a surprisingly soft and romantic side of the man taken down by Watergate.

Nixon shared the stage with Patricia Ryan in a community theatre production and six of the dozens of letters they exchanged during their two-year courtship will be unveiled Friday at the Richard Nixon Presidential Library and Museum as part of an exhibit celebrating the 100th birthday of the woman Nixon playfully called his "Irish gypsy."

In Nixon's letters, he recalls their first meeting in flowery prose, daydreams about their future together and waxes poetic about the first time his "dearest heart" agreed to take a drive with him.

Eighteen years after his death, the correspondence offers a tiny window into a fiercely private side of Nixon that almost no one ever saw.

"These letters are fabulous. It's a totally different person from the Watergate tapes that people know. President Nixon started out as an idealistic young man ready to conquer the world and with Pat Ryan he knew he could do it. There's a lot of hope, there's a lot of tenderness and it's very poetic," said Olivia Anastasiadis, supervisory museum curator.

THE ASSOCIATED PRESS

A man in love

"Every day and every night I want to see you and be with you. Yet I have no feeling of selfish ownership or jealousy."

From one of Nixon's letters to his bride

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Montreal

Tories recruit councillors

The Conservative organization in the riding of Lac-Saint-Louis recently elected six municipal councillors to its executive committee. City politicians now occupy all but one of the association's executive seats. THE CANADIAN PRESS

Race for Space

Canadians ready for liftoff

Canadians really want to be launched into space.

Metro is sending a lucky reader from one of 16 countries where the newspaper is published to space, and according to recent numbers, 40 per cent of traffic to the contest website has been from Canada.

To apply for Metro's Race for Space, visit metroinspace.com. Entries must be submitted online by March 26. METRO

Tori Stafford case

Trial will hear from girlfriend

Testimony resumes Tuesday in a London murder trial for Michael Rafferty, charged with killing eight-year-old Tori Stafford. Terri-Lynne McClintic, who has pleaded guilty to first-degree murder, is expected to be the first witness. THE CANADIAN PRESS

Merrit, B.C.

Murderer wins delay in hearing

The family of three children murdered by their father in 2008 is angry the father has won a delay in his latest psychiatric review. Allan Schoenborn asked the B.C. Review Board for an eight-month delay. THE CANADIAN PRESS

Motion

New powers for Elections Canada?

The Tory majority joined to help unanimously pass a non-binding NDP motion Monday that would give the chief electoral officer new investigative powers. However the motion is not binding on the government. THE CANADIAN PRESS

Huge tobacco lawsuit will take years

Class action. Quebec smokers launch massive case against three tobacco companies

A landmark tobacco case with up to $27 billion at stake started Monday in a Montreal courtroom, with Canada's three largest cigarette companies squaring off against a group of Quebec smokers.

The class-action case is considered the biggest in Canadian history.

The smokers claim in a lawsuit that they were duped for years by big tobacco companies, as they became addicted to cigarettes and then suffered from serious health problems.

One of the lead plaintiffs, Cecilia Letourneau, told reporters Monday during a break from the trial that she started smoking in the 1960s after being "programmed" by industry TV advertisements that made cigarettes seem cool.

The case marks the first time tobacco companies have gone to trial in a civil suit in Canada.

The defendants are Imperial Tobacco Canada Ltd.; Rothmans, Benson & Hedges; and JTI-Macdonald.

In the United States, the tobacco industry has been walloped with legal bills. It has resolved actions by the states with an agreement, signed in 1998, that calls on the companies to pay a minimum of $206 billion US over 25 years. THE CANADIAN PRESS

Smoking was 'in'

"Smoking was in fashion.... I chose to smoke to show that I was 'in.'"

Cecelia Letourneau, a lead plaintiff
On why she started smoking in the 1960s

Plaintiff Daniel C. Charest smokes a cigarette outside a Montreal courthouse Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Online poll. Most OK with same-sex marriage

Three in five Canadians say they want same-sex marriage to remain legal, according to a recent study.

Out of the 1,007 Canadians that responded to Angus Reid's online poll, 59 per cent agreed that same-sex marriage should remain legal, opposed to 14 per cent who believe same-sex couples should not receive legal recognition.

Twenty-two per cent think same-sex couples should only be allowed to form civil unions, but not marry. Five per cent are unsure.

THE CANADIAN PRESS

Tougher sentences. Crime bill set to pass

This time they mean it: Stephen Harper's majority Conservative government is poised to pass its omnibus crime bill and make good on an election promise

A vote in the House of Commons set for Monday evening was to send the massive bill back to the Conservative-dominated Senate, where it could get its final rubber-stamp and royal assent as early as Tuesday.

The bill increases sentences for drug and sex offences, provides harsher penalties on young offenders and makes it more difficult to get a pardon. THE CANADIAN PRESS

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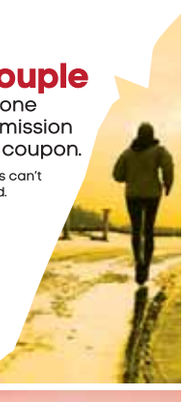

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Germany

Germany offers condolences to Afghan people

German Chancellor Angela Merkel, left, at a military camp. BUNDESREGIERUNG/STEFFEN KUGLER, POOL/THE ASSOCIATED PRESS

Chancellor Angela Merkel made a one-day trip Monday to visit German troops in northern Afghanistan and offered President Hamid Karzai her condolences over the killing of 16 civilians by a U.S. soldier, the government said.

Merkel arrived in Mazar-e-Sharif early in the morning. She originally planned also to visit Kunduz, another northern area where German troops are based, but bad weather meant it wasn't possible to fly there.

The chancellor's previously planned visit came a day after an American soldier allegedly killed 16 civilians. THE ASSOCIATED PRESS

Afghan man recounts what he witnessed on night when 16 were massacred

A survivor's tale. Twenty-six-year-old describes experience of watching his father get shot by gunman

An Afghan man recounted on Monday the harrowing scene in his home as a lone U.S. soldier moved stealthily through it during a killing spree, then crouched down and shot his father in the thigh as he emerged from the bedroom in the deep of night.

The soldier, now in U.S. custody, is accused of killing 16 Afghan civilians in their homes overnight between Saturday and Sunday and then burning some of their corpses. Afghan President Hamid Karzai said nine of those killed were children and three were women.

"He was walking around, taking up positions in the house — in two or three places like he was searching," said 26-year-old witness Mohammad Zahir, who watched the gunman while hiding in another room. "He was on his knees when he shot my father" in the thigh, he told The Associated Press. His father was wounded but survived.

Even before the shootings, anti-Americanism was already boiling in Afghanistan over U.S. troops burning Muslim holy books, including Qur'ans, last month on an American base. The burnings came to light soon after a video purporting to show four Marines urinating on Taliban corpses was posted on the Internet in January.

Now, another wave of anti-foreigner hatred could threaten the entire future of the U.S.-led coalition's mission in Afghanistan. The recent events have not only infuriated the Afghan people and leaders, but have also raised doubts among U.S. political figures that the long and costly war is worth the sacrifice in lives and money.

THE ASSOCIATED PRESS

Men stand next to blood stains and charred remains inside a home where witnesses say Afghans were killed by a U.S. soldier in Kandahar province. ALLAUDDIN KHAN/THE ASSOCIATED PRESS

Analysis

Killings won't stop handover plans: NATO

The alleged slaying of 16 civilians by a U.S. soldier in southern Afghanistan will not affect plans to turn over security operations to local troops, NATO and member countries said Monday, calling for a quick investigation into the deaths.

NATO spokeswoman Oana Lungescu called for a swift and thorough investigation, but said it was an "isolated incident" and as such would not affect the alliance's overall plans to turn over security operations to Afghan troops by the end of 2014. "This is clearly a tragedy, but it should not be allowed in any way to change the mission, and it doesn't change our commitment to the mission and to the timetable," she told The Associated Press in a telephone interview.

U.S. officials said the shooter, identified as an army staff sergeant, acted alone after leaving his base in southern Afghanistan. THE ASSOCIATED PRESS

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Activists accuse pro-Assad gang of killing civilians

In this photo from Saturday, Aida, 32, reacts as she recovers after the Syrian army shelled her house in Idlib. RODRIGO ABD/ THE ASSOCIATED PRESS

Syria. UN divided over how to end conflict while activists call for humanitarian aid

Syrian activists said Monday that pro-government gunmen killed at least 16 people, including some children, in a rebel stronghold recaptured by the government, fuelling concerns the government is carrying out reprisals in territory it has taken back.

State media in Damascus, which often ignores activists' claims, confirmed killings in Homs but blamed "armed terrorists," as it frequently calls those behind the yearlong uprising against President Bashar Assad's regime.

At the United Nations, the U.S. and Russia clashed after Secretary-General Ban Ki-moon appealed to the divided Security Council to speak with one voice and help Syria "pull back from the brink of a deeper catastrophe."

Washington and Moscow both called for an end to the bloody conflict — but on different terms, leaving prospects for UN action in doubt.

The reports of killings in the battered city of Homs added to concerns that the hundreds of civilian deaths caused by the fighting would be compounded by reprisals against opposition supporters in recaptured towns and neighbourhoods.

Fresh from stamping out rebel centres of resistance in Homs, government forces are pressing on with new offensives in other parts of central and northern Syria.

The main Syrian opposition group, the Syrian National Council, called for "immediate" Arab and international military intervention, including setting up safe corridors for humanitarian aid and a no-fly zone to protect civilians.

The Britain-based Syrian Observatory for Human Rights said at least 16 people were killed Sunday night in Homs, while the Local Coordination Committees said 45 were killed. THE ASSOCIATED PRESS

Videos

- An amateur video posted online showed men wrapping the bodies of the dead with white cloth, in accordance with Muslim tradition, before burial.
- "This is what they do to us, the Sunnis. The Sunnis are being wiped out. They are the ones who are dying at the hands of Iran and the Shiites," shouted a man in the background.
- Another video aired on state-run Syrian TV showing bodies in three different places in the area of Karm el-Zeytoun.

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Florence. Hidden mural could be lost Leonardo

Researchers may have discovered traces of a lost mural by Leonardo da Vinci by poking a probe through cracks in a 16th-century fresco painted on the wall of one of Florence's most famous buildings.

The latest findings Monday still leave much mystery in the hunt for the Battle of Anghiari, a wall mural painted by Leonardo in Florence's storied Palazzo Vecchio, and possibly hidden behind a fresco done by Giorgio Vasari decades later.

The hunt for the unfinished mural has captivated art historians for centuries, and took on fresh impetus in the last years with the employment of state-of-art scientific tools.

Some believe Leonardo's mural, which he began in 1505 to commemorate the 15th-century victory by Florence over Milan at the medieval Tuscan town of Anghiari, may be hidden behind a newer wall, which was frescoed over decades later by Giorgio Vasari.

Leonardo's Battle of Anghiari was unfinished when Leonardo left Florence in 1506.

Encouraging

"The evidence does suggest that we are searching in the right place"

Maurizio Seracini
Engineer, University of San Diego

Maurizio Seracini, an Italian engineer from the University of San Diego, told reporters that the fragments of colour retrieved by the probe in the palace's Hall of the 1500s are consistent with pigments used by Leonardo.

He said an analysis showed that the red, black and beige paint found is consistent with the organic paint Leonardo used on his frescoes.

But the paint could also have been used by Leonardo's contemporaries in Florence, which is awash in Renaissance art. Seracini called the results "encouraging" but preliminary.

The hunt for the missing Leonardo mural is being led by the National Geographic Society and the University of California in partnership with the city of Florence.

THE ASSOCIATED PRESS

Defending tradition

An Aymara native man shows coca leaves Monday as thousands of coca producers march in La Paz in support of "acullicu," the practice of chewing the leaves. Bolivian President Evo Morales took his campaign to decriminalize the coca leaf to a UN narcotics convention on Monday, defending what he said is an ancient and harmless tradition.

AIZAR RALDES/GETTY IMAGES

Tibet protest. Monk sets himself on fire

A teenage Tibetan monk set himself on fire in protest on the anniversary of the failed Tibetan uprising against Chinese rule in 1959, an overseas activist group said Tuesday.

The London-based Free Tibet group said the 18-year-old self-immolated on Saturday in Aba, a town that is under heavy security lockdown in western Sichuan province.

The group says the monk, identified only as Gepey, was from the town's Kirti Monastery, the scene of numerous protests against the Chinese government over the past several years. Most are led by monks who are fiercely loyal to the Dalai Lama, who fled the Himalayan region on March 10, 1959, during an abortive uprising against Chinese rule.

More than two dozen Tibetans, including several teenagers, have set themselves on fire in China over the last year, protesting China's suppression of their religion and culture and calling for the return of the Dalai Lama.

Gepey died after self-immolating behind a military camp, Free Tibet said. The group said locals tried to take his body away but security personnel removed it.

A woman from the county Communist Party propaganda department said she had no information about the incident. Calls to the prefectural Communist Party department and police and county police rang unanswered. A man who answered the phone at the Kirti Monastery hung up when he was asked about the self-immolation. THE ASSOCIATED PRESS

Third this month

Gepey was the third Tibetan this month to self-immolate near a building associated with Chinese authority.

- Earlier in March, another 18-year-old Tibetan man in the same county set himself on fire and walked to a government office building.
- A mother similarly protested outside a police station in Aba town.

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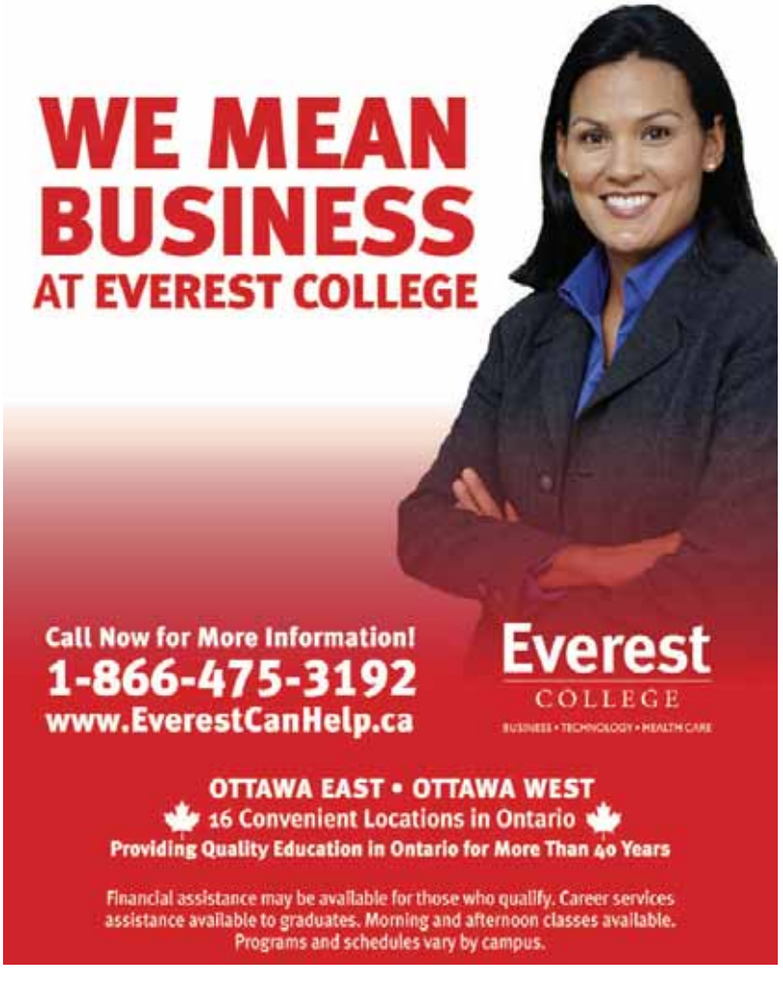
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Natural gas: $2.27 US (-5.5¢)
Dow Jones: 12,959.71 (+ 37.69)

Tech trends

Pinterest the latest in online sharing

Oh, you pretty things. Just look at the mama giraffe nuzzling a baby giraffe, that lovely idea for an indoor planter made of mason jars and those perfectly cooked bacon strips cooling on a plate. This is what people are circulating on Pinterest, the latest website-of-the-moment for sharing things you love.

Pinterest serves as an online scrapbook of images they find on the web, a place to post fashion inspirations, decorating aspirations and more. It's a digital dream collage, a recipe box and a corkboard full of magazine clippings all at once.

The site's popularity has exploded in recent months, making it one of the fastest-growing websites in history. Its ascent to 10 million monthly visitors happened faster than on Facebook, Twitter or any other site tracked by comScore. THE ASSOCIATED

A Pinterest user's virtual pinboard.
PINTEREST.COM/THE ASSOCIATED PRESS

Asset alarm

Enbridge could face writedown

Enbridge Inc. could be forced to book a "significant" writedown of its $460-million investment on its gas assets in New Brunswick if the province goes ahead with legislation to cut prices, the company said Monday, adding that they are "extremely disappointed" with the draft legislation. THE CANADIAN PRESS

Air Canada workers protest intervention

Contract conflict.
Labour minister to introduce back-to-work legislation in Air Canada dispute

Air Canada employees staged a noisy but orderly protest against the federal government, accusing it of eroding workers' rights.

Outside Montreal's Trudeau airport, dozens of members of the International Association of Machinists and Aerospace Workers blew whistles and plastic horns Monday to protest the government's decision to prevent them from going on strike.

A similar protest was held at Toronto's Pearson airport later in the day, the union said.

"We want to tell this government that it is anti-democratic," said Marcel St-Jean, president of the IAMAW Montreal local.

"They were elected democratically and all we want is that same democracy applied to us (and) that we have the right to negotiate a fair collective agreement for the membership."

The workers are upset that the Harper Tories have intervened several times in labour disputes, therefore weakening the position of employees as they negotiate new contracts.

A union official said about 100 workers held a similar demonstration Monday afternoon at Pearson International Airport in Toronto.
THE CANADIAN PRESS

Dozens of Air Canada workers stage a noisy rally at Montreal's Trudeau airport Monday to denounce the federal government for eroding workers' rights.
PETER RAY/THE CANADIAN PRESS

Union dues

Flight attendants at Sunwing Airlines have voted to join the Canadian Union of Public Employees, the union said Monday.

- CUPE said the 700 flight attendants voted to join the union in a vote conducted by the Canada Industrial Relations Board.
- The union already represents flight attendants at several airlines, including Air Canada.
- In January, the union representing 150 pilots at Sunwing Airlines merged with the Canadian Auto Workers union, which represents about 12,000 airline workers.

Auto action. Volkswagen targets revenue increase

Volkswagen AG, Europe's biggest carmaker by sales, said Monday it was targeting a further increase in deliveries and revenues in 2012 despite difficult trading conditions in some European countries.

Volkswagen, which overtook Japan's Toyota last year to become the world's second biggest car company by total deliveries behind General Motors, sold nearly 8.3 million vehicles last year, a 14.7 per cent rise from the previous year's figure.

The company also said it expects to increase deliveries again in 2012, and that higher revenue is expected, though it gave no precise figure.
THE ASSOCIATED PRESS

Patent claim. Yahoo files suit against Facebook

Yahoo is filing a lawsuit against Facebook over patents, following through on a threat it made last month.

Yahoo Inc. said in a court filing Monday that Facebook has infringed 10 of its patents covering advertising, privacy controls and social networking.

Yahoo threatened to sue Facebook last month, insisting that the social network licence its patents. Facebook pledged to defend itself vigorously against what it called "puzzling actions" by Yahoo.

The patent claims could cast a spotlight on Facebook's vulnerabilities as the company tries to complete an initial public offering of stock this spring. THE ASSOCIATED PRESS

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Labour issues

Union decries Air Canada outsourcing

A union that represents 2,700 employees at Aveos Fleet Performance fears for the future of the aircraft maintenance company after Air Canada moved to subcontract some of its work offshore. The International Association of Machinists and Aerospace Workers represents workers at Aveos as well as Air Canada. THE CANADIAN PRESS

Vehicle woes

Regulators probe accelerator safety

Safety regulators in Canada and the United States are investigating sticky accelerators in Ford Taurus as well as in Mercury Sable sedans in the U.S. that could affect more than 1.9 million vehicles in the 2001 through 2006 model years

Thus far, there are no reports of crashes or injuries because of the problem. THE ASSOCIATED PRESS

Greece finalizes deal for $232.5-billion US bond swap

Historic writedown. Investors believe Greece needs to cut debt further before it can return to markets for funding

An 83-year-old Greek man carries a mirror salvaged from the rubbish through the Plaka district of Athens on Monday.
PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Greece implemented the biggest debt writedown in history on Monday, swapping the bulk of its privately-held bonds with new ones worth less than half their original value.

Although the exchange will keep Greece solvent and at the receiving end of billions in international rescue loans, markets were underwhelmed amid fears that the country's debt load remains too heavy.

A statement from the finance ministry said bonds issued under Greek law with a total face value of $232.5 billion US were exchanged. A smaller batch, will be swapped in coming weeks.

The debt exchange opens the way for Greece's second international bailout, expected to be finalized this week by finance ministers from eurozone nations. It will also transfer the majority of the country's debt from private into public ownership - its eurozone partners and the International Monetary Fund.

Jean-Claude Juncker, the prime minister of Luxembourg who is also the main spokesman for the 17 countries that use the euro, said he expects the final approval for the bailout on Wednesday, but indicated that was mainly a matter of procedure.

Without the swap and the $172 billion bailout, Greece faced an uncontrolled default on its debts in less than two weeks when a big bond redemption was due.

Though the bond swap will wipe $138 billion off Greece's $485 billion debt mountain, giving Athens breathing space to enact more austerity, many analysts think the country's debt remains unsustainable. THE ASSOCIATED PRESS

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THE GIRL WITH THE REGRETTED TATTOO

SHE SAYS...
Jessica Napier
metronews.ca/shesays

There are only a few certainties in my life. All that stuff about death and taxes you already know, but there's also this: I will never, ever get a tattoo.

How can I be so sure? Firstly, I hate needles. Wait, hate isn't a strong enough word; I loathe needles. I cower at the mere thought of these ~~torture devices~~ necessary medical instruments. Last week I went for a routine blood test and wound up having an embarrassing fainting episode in the middle of a busy hospital clinic. So, no, I don't do well with needles.

Angelina Jolie covered up what was left of her regretted tattoo with the co-ordinates of where she met each of her children. GETTY IMAGES

But let's say the piercingly painful tattoo needle wasn't an issue. Even if the ink was drizzled on pain-free, I would never want to inscribe my body with a permanent keepsake. The thing is, there are many things that I care quite deeply about at the moment; yet, how can I possibly know those feelings won't change over time? I don't think I own one item of clothing more than five years old, I change my Facebook profile photo on a weekly basis, I've lived in over 20 different houses/apartments over the course of my 26 years — my life is all about impermanence. I can barely commit to a nail-polish colour for longer than three days; how could I ever commit to an ink stain on my skin forever?

Jolie, post-tattoo remorse, is seen in this 2004 photo. GETTY IMAGES

Recently, a friend of mine announced that she was planning on getting her tattoo removed. You can take a wild guess where that lingering artifact from her teenage rebellion is located — her lower back, of course. At 18 years old, her body art (I refuse to call it a "tramp stamp" since sexual promiscuity and tattoo ink have no logical correlation) was accompanied by a navel piercing and a bad attitude.

Jolie, with her then-husband, actor-director Billy Bob Thornton in 2001, and her "Billy Bob" tattoo. GETTY IMAGES

She was a rebel, just like every other teenage girl, and her mom hating tattoos was just part of the appeal. Funnily enough, disapproval from an external source (this time it's her boyfriend's distaste for indelible ink) is once again a contributing factor in her decision. The irony is clear.

I am so happy that I will never feel the deep, remorseful kind of regret that only an inspirational quote in a foreign language scripted on my skin can inspire. However, I know I'm in the minority; my generation seems increasingly obsessed with expressing individuality by doing something that everyone else is doing. After all, tattoos can be many things — beautiful, painful, attention-seeking, sentimental, permanent records of a drunken night out — but they are rarely unique.

On Cloud Equine

REX FEATURES

Can you see it?

Head in the clouds

This cloud looks like an apparition of a great steed of old. This striking resemblance of a horse's cranium was spotted last week in the Welsh seaside town of Tenby. MWN

Behind the lens

"It had been pouring with rain, but it suddenly stopped and the sky opened up and there it was — a horse's head emerging from the beautiful blue sky."
Gareth Davies, photographer

Strange clouds

- **Kelvin-Helmholtz wave cloud:** Resembles a series of crashing ocean waves.
- **Mammatus cloud:** These ominous, bobbly and sagging clouds are named after Latin word for "breast."
- **Lenticular cloud:** Beautiful lens-shaped clouds that are commonly mistaken for UFOs.

Also spotted

Cloud in the news

A self-named "cloud appreciator" caused a storm in meteorological circles after proposing a new class of cloud "undulatus asperatus."

If successful, the cloud by Gavin Pretor Pinney, author of The Cloudspotter's Guide, will be the first cloud formation added in more than 60 years. MWN

Metropolitan Panel

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What would you do first if you won the lottery?

- 28% QUIT MY JOB
- 28% HIRE A BODYGUARD
- 44% SCREAM
- 0% GO FOR A VERY EXPENSIVE DINNER

Twitter

@TedFriendlyGuy:
What if it turns out auto-dial machines have developed consciousness and were trying to influence the election themselves? #robocalls

@CelinAlexiuk:
"@chmd84: Good to see Buffalo loosing, but u can't rely on Washington and Buffalo 2 lose every game. It's just not going 2 happen." why not?

@verahereforu:
My daughter Megan turns 21 years old in the morning. Thank you God for your precious gift. Thank you http://t.co/4u6mxwJg

@Bring1DtoOTown:
RT @THEryanlindsay: Congrats to Jessica who won the VERY FIRST #1D CD #UpAllNight AND the Ballot for the Grand Prize Draw! Another one SOON!!! Different game!

@suzannelteif:
Watching #thenotebook with my girls:)

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2
SCENE

Scene in brief

Harvey to star in own TV show

Steve Harvey is going to star in his own daily television show, and it's going to be taped in Chicago. In a news release, Gov. Pat Quinn says the comedian, actor, author and radio host will host a one-hour program called Steve Harvey at the NBC 5 studios in Chicago. Quinn says the program will create about 100 jobs and could bring about 35,000 audience members and visitors to the city each year. The release says Harvey will cover a host of topics, from parenting to relationships to navigating today's workplace. Harvey is one of four comedians featured in the Spike Lee movie The Original Kings of Comedy and starred in the TV sitcom The Steve Harvey Show.

THE ASSOCIATED PRESS

On the Web

One year after disaster, Cyndi Lauper returns to Japan, urging support for devastated areas

Jonah Hill and Channing Tatum star in 21 Jump Street. HANDOUT

Tatum makes the 'jump' into comedy

21 Jump Street. Co-stars Channing Tatum and Jonah Hill have plenty of fun remaking an old TV hit

STEVE GOW
scene@metronews.ca

When the idea of updating former television hit 21 Jump Street to the big-screen entered Jonah Hill's mind, there was one notion that stood out to him as particularly attractive.

"I think that everyone would like to relive certain parts of their lives with the knowledge they've accrued since that time," said the recent Oscar-nominated actor.

"If you had all the answers, you could go back and score big."

In this case, the fantasy of revisiting the past isn't just referring to adapting a Johnny Depp-lead TV show that debuted in 1987, but it speaks to the comedy's main plot: When two young-looking cops are assigned to bust a high school drug ring as undercover students, they get a chance to relive the prime of their youth.

For Channing Tatum — perhaps most recognized for his romantic dramas The Vow and Dear John — it was an opportunity to branch into comedy alongside a talented cast.

"(What I learned was) just be free," admitted Tatum of his rare attempt at broad big-screen comedy.

"You just have to sort of do it and be honest about what you're doing. Don't think about being funny," he adds.

"Don't say I'm in a comedy — that's what I told him," added Hill.

"You just pretend you're doing a drama but the circumstances and the characters are different."

Hill's advice is indicative of the trusting relationship the leads forged while filming 21 Jump Street (which hits theatres this Friday) — perhaps the most important ingredient in making the classic buddy action-comedy the film aspires to be.

"We had so much fun," said Tatum.

"I think this is one of those rare movies that the more fun that you have and such a good friendship that I think it shines through in the movie."

Getting laughs

"You just have to sort of do it and be honest about what you're doing. Don't think about being funny."

Channing Tatum, star of 21 Jump Street
Tatum talks about making the transition from drama to comedy

Quoted

Hill on making friends

Jonah Hill and Channing Tatum bonded on the set of 21 Jump Street. Hill had this to say about his fellow star:

"You're asking the two leads if it's us that makes the movie good. Of course we're going to say yes, we're actors," laughed Hill.

"If we hated each other, you'd be able to tell. It wouldn't be as fun to watch."

DVD reviews

The Descendants

Director. Alexander Payne

Stars. George Clooney, Shailene Woodley, Amara Miller

●●●●●

Honolulu real estate lawyer Matt King (George Clooney) lives in paradise, but he can't see the beauty for the pain. His wife, Elizabeth, is in a coma following a waterskiing accident, his two daughters are sullen and rebellious, and he is coming down to the wire on a difficult decision he has to make about the sale of 25,000 acres of pristine Kauai shoreline.

Despite Matt's problems, director Alexander Payne doesn't ask viewers to wallow in gloom. On the contrary, The Descendants is a stealth comedy that could leave you feeling woozy with unexpected contentment.

My Week with Marilyn

Director. Simon Curtis

Stars. Michelle Williams, Eddie Redmayne, Kenneth Branagh

●●●○○

Michelle Williams couldn't hope to match Marilyn Monroe's uncanny alchemy of innocence and seduction — and she doesn't, missing the sizzle of the situation.

Yet it's fascinating to watch Williams, a very fine actress, make the attempt. In the process she redeems a movie of such trivial effect, it might have worked better as dinner-theatre farce.

My Week with Marilyn concerns events in 1956, when Monroe travelled to England to make a movie at London's Pinewood Studios. It's based on the memoirs of the late filmmaker Colin Clark (the undistinguished Eddie Redmayne).

Despite nice turns by supporting players Kenneth Branagh and Judi Dench, the film is little more than a vehicle to display Williams' considerable talents, which it surely does.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Leaked photos

Heather Morris ALL PHOTOS GETTY IMAGES

Heather Morris naked? Yawn

THE WORD
Dorothy Robinson
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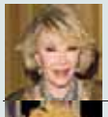
Nude photo "scandals" are becoming about as fun to write about as celebrity divorces. (Meaning: they're becoming a dime a dozen.)

The latest celebrity to fall victim to a phone hacking scandal? Glee star Heather Morris. A week after Olivia Munn and Mad Men star Christina Hendricks were hacked, naked photos of Morris in various risqué, naked poses were leaked on Sunday night. There's been no comment from Morris' team regarding the leak.

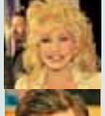
Before I jump into a few thoughts on this: Yes, I'm paid to think about the implications of nudie pics, and yes, my parents are very proud of me.

Now then. Why are these pictures always nude self portraits? And where are the pics they (should) be receiving in return? Honestly, by now aren't you all as bored of these "leaks" as I am? The only way this news will become exciting again is when a star's phone gets hacked and it'll have nude photos of other people on it.

Twitter



@Joan_Rivers
Just read that Jet Blue kicked a family off a flight when their 2-year-old had a tantrum. They are officially my favorite airline!



@Dolly_Parton
I think that all creative people are a little bit nuts.

@chriscolfer
I wonder, in lieu of texting, if anyone ever sent drunk pigeon messages back in the day...

@SteveMartinToGo
Got my first gray hair today.

Madonna

Madonna juggles it all

It's not easy being a single mother and having a career — not even for Madonna.

"I'm not going to lie — it's hard work having four kids and doing all the work I do," she tells the Sun. "It's a challenge juggling everything — multi-tasking is my middle name. I try to express that."

As for rebounding after her separation from ex-husband Guy Ritchie?

"Sometimes I cope with it very well, sometimes it's a struggle," she says.

Who knew? The Queen's a joker

While most wouldn't think of the British Royal Family as a humorous bunch, Prince Harry insists there are a lot of laughs out of the public view.

"She is very funny, but I think she gets it from my grandfather. They are very funny together," Harry tells the Telegraph about his grandmother, the Queen.

"My family is the same as any other family when it comes to humour behind closed doors, though I'd like to think I was funnier than my grandmother."

A good, friendly divorce

It looks like Katy Perry's split from Russell Brand really was amicable, at least according to the pop star's dad, Keith Hudson.

"There are no hard feelings towards Russell," Hudson tells Us Weekly.

"I just received a text from him the other day in fact. He is a wonderful and smart guy."

Brand's divorce from Perry will be finalized in June.

As for the singer herself, "Katy is doing well just now," Hudson says. "Her career got really busy and she did not get to see that much of Russell. It was just one of those things."

Yes, it's true: Halle is engaged

Olivier Martinez and Halle Berry have kept fairly mum on their engagement, but Martinez is happy to confirm the news.

"Yes, of course we're engaged," he tells Miami.com at the opening of his new restaurant, Villa Azur. There are some things that Martinez would like to clear up, though:

"There is a jeweler taking credit for doing the ring and it's a lie," he says. "They have nothing to do with this."

metro

SNAP OF THE DAY

"Philly Moves at Winterfest"
submitted by Adam Dean

To see your "snap of the day" appear in Metro Ottawa email your photo along with your name and photo title to:
snapoftheday@metronews.ca

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Call 613-369-5430

3 LIFE

A new study shows

Death of the king-sized candy

M&M binge days are officially over. By the end of next year, chocolate manufacturer Mars will be capping the calorie content per bar to 250 calories or less. As the world gets fatter and fatter, any counteractive plan is welcome. But will this stop you from buying two bars if one isn't enough?

On the Web

Eating disorders a 'secretive disease': experts help parents spot the signs

Learning to deal with the effect of breakups

Time to wipe those tears and move on. Dr. Logan Levkoff, a relationship expert, has some advice for those going through

ROMINA MCGUINNESS
wellness@metronews.ca

Even the greatest loves come to an end. HANDOUT

Your issue: You can't eat, sleep or function properly. All you can think of is how much you miss being with them.

"It's normal to hurt and be sad whether or not your relationship was a good one or not. It took up a part of your life and now it's over, it's OK to mourn that. Think, 'that didn't work, what do I need from someone in my next relationship.

What are the things that are important to me and what are the things that I can let slide?'

This will help you figure out how to tackle things next time around. Surround yourself with people who make you smile, who let you unload and cry and be miserable but also are the first to tell you to snap out of it.

Romantic relationships may come and go but you have friends in your life that might end up being more long term and monogamous."

Your issue: Being 'single' freaks you out. You don't want to get back together but you do miss being 'in a relationship'.

"Don't let a relationship define you. Remembering your success and worth in life isn't measured by your relationship status is hard in the light of things like the Facebook status icon.

Personal success should not be measured by relationship status as it's better to be single, fulfilled in life and have great friends than be unfulfilled physically or emotionally with a crappy partner."

Your issue: You can't stay away from them. One call or text from them saying they miss you and you're back in their arms as if nothing ever happened.

"There's a difference between going back to an ex for sex because you want some kind of physical outlet than going back because you hope it's going to work out despite your differences.

Evaluate who you are. If you're the kind of person who can have sex with an ex just for the sake of it, great, but not everyone can.

If this is going to get you right back into that world where you're going to get your heart broken again it's not the best decision to make."

Your issue: You go out on the hunt. Finding a replacement will help you get over them. If you randomly bump into each other, you need someone on your arm to spite them.

"Deliberately going out and looking for a new relationship is a bad idea. There is a difference between randomly finding someone right after a break up that you have this great chemistry with to being on the hunt to replace the one you lost.

That said, we sometimes develop great relationships at times we are not looking for them, especially right after we have broken up."

Your issue: You're constantly checking Facebook and twitter to see what they have been up to so you can sniff out possible new relationships.

"Know yourself. If you're the kind of person who knows that they will get a little crazy and stalker-like on Facebook and twitter, and that every time they post something this is going to send you over the edge and cause you to spiral downwards into misery then now would be the time to delete it and not give yourself access to those things."

Celebrity breakups

Elizabeth Taylor and Richard Burton

The classic love hate scenario. At least she amassed a stack of diamonds by the end of it.

Elizabeth Taylor and Richard Burton

Seal and Heidi Klum

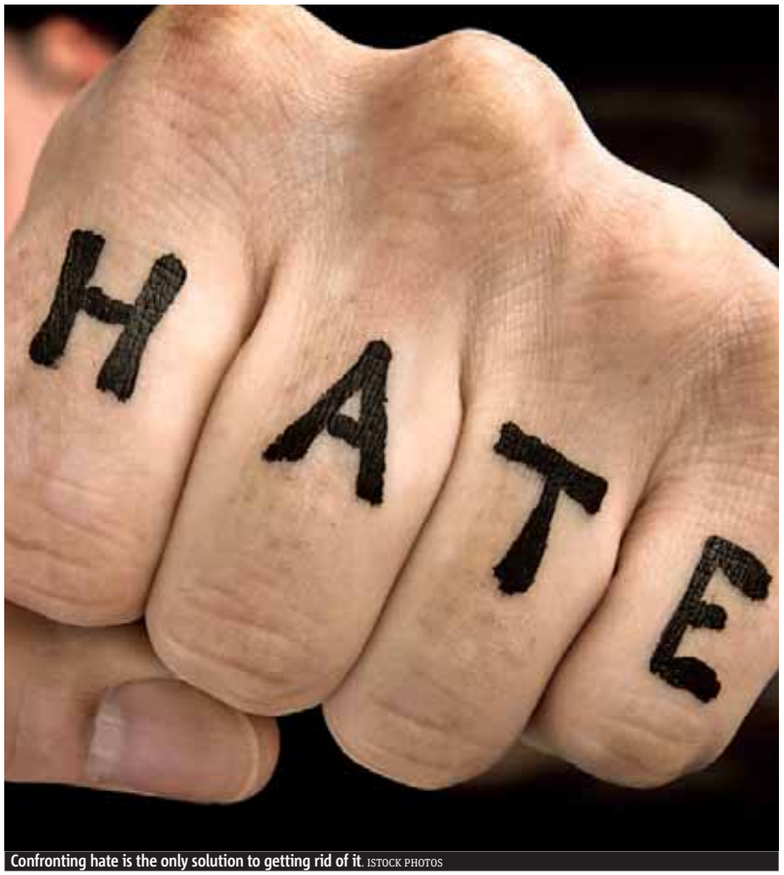
We're still in denial over this one. It should be illegal to break up when you make such cute babies.

Seal and Heidi Klum

Jennifer Aniston and Brad Pitt

Does anyone still care about this? Jen does, if you believe the tabloids. Which no one does.

Jennifer Aniston and Brad Pitt
HANDOUT PHOTOS



Confronting hate is the only solution to getting rid of it. ISTOCK PHOTOS

Oxford researchers find what they call a 'cure for racism'

Study finds drug reduces negative associations. Results now raise ethical questions

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After generations of struggle, could there be a bite-sized solution to racism? Researchers at Oxford University have found that the blood-pressure treatment drug propranolol dramatically reduces prejudice in test subjects.

The team gave 'implicit association tests' to white volunteers with and without the drug, recording the words they associated with images of black people. Prejudice was three times higher without propranolol, the drug prescribed for angina and irregular heartbeats

"The drug suppresses basic emotions like fear," head of study Sylvia Terbeck told Metro.

She believes this is a significant breakthrough in the psychology of racism.

"This proves there is a lot of fear (in racism.)"

Yet the implications are far from clear-cut.

"It's an interesting area of research but it also raises serious ethical questions," says Adam Kolber, a psychologist at the Brooklyn Law School.

He feels that if the results are accurate, there could be a time when people are pressured to take such drugs — perhaps as a condition of parole for prisoners.

Kolber also questions the methodology.

Although the implicit association test is respected, implicit racism is "hard to measure" and can result in "superficial" analysis.

Although Terbeck's study is causing excitement in psychology circles, anti-racism campaigners are worried this approach could detract from grass-roots efforts.

"We should be convincing people that racism is wrong instead of papering over the cracks with this miracle cure." Youth Against Racism spokesman Ian Pattison said.

Concerns

Despite ethical concerns, the Oxford team is pressing ahead with its research.

- **Pushing ahead.** Head of study Sylvia Terbeck expects the next phase will be to actively 'seed' prejudice into subjects.
- **Confronting issues.** Youth Against Racism in Europe spokesman Ian Pattison added that prejudice needs to be actively confronted

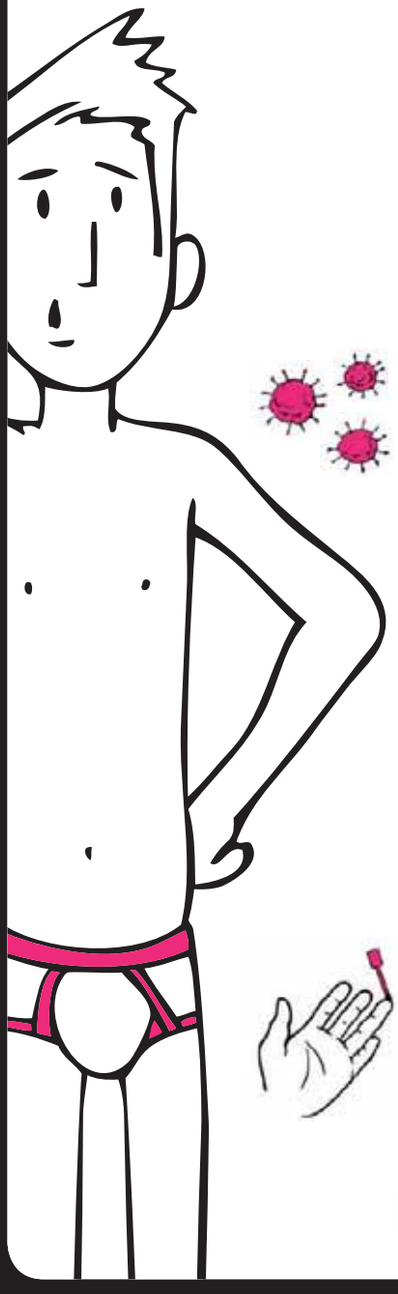
Quoted

"The drug suppresses basic emotions like fear." Sylvia Terbeck

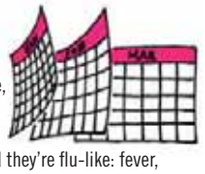
Free and easy.

Bareback, gloveless love, sex without a condom. Call it what you want but unprotected anal intercourse is risky and considered to be "high risk" for transmitting HIV. In Ontario, guys who have sex with guys continue to be greatly affected by HIV and syphilis.

That's why we launched Get on it. – a campaign that provides information to help you make an informed decision about when, where, and why you need to be tested for HIV and syphilis.



The signs.
In most people, an early HIV infection has symptoms and they're flu-like: fever, sore throat, swollen lymph nodes, headache, and muscle pain. You can also get a rash. Sounds just like being sick right? Well, if you're having unprotected sex, and you experience these symptoms two to four weeks after your saddle-free bromance, then you should get tested. Watch for the signs.



Being easy.
No we're not talking about you - we're talking about transmission. Having an STI (sexually transmitted infection) like syphilis can make it easier to get HIV, or to pass it on. You might as well get tested for syphilis when you get your HIV test. Don't make transmission easy!

The early bird gets the worm.
Knowing the signs, the symptoms, and when to get tested will lead to healthier outcomes. Early detection means earlier treatment, which is good for your health and can reduce transmission to others. We're all in this together and knowledge is power.

Get pricked.
(We mean your finger.) HIV testing at the Sexual Health Centre is fast, easy, and totally anonymous. We're making it so easy for you that for the next few weeks we've extended our hours and opened clinics across the city. Find a clinic, show up, get a number, and get tested. Four steps; results in 20 Minutes. It couldn't get easier.

Get on it.

Sexual Health Centre de santé-sexualité

For guys into guys.

come-on-in.ca

Best Health

Fast food nutrition revolution

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Did you know that one-quarter of all household food dollars in Canada is spent in restaurants? In this issue of Best Health magazine, journalist John Lorinc dug deep into which restaurants have given their menu selections a healthy makeover, and which ones still have a long way to go.

Canadians, like others in developed nations, are living with the consequences of a poor diet and sedentary lifestyle. Kids are often the primary victims: increasingly, they are driven to school, eat fast food or junk food on the fly, and spend more time in front of the screens than playing.

Fortunately, eating trends have begun to shift, thanks in part to popular films like Super Size Me, and the high-profile advocacy of chefs like Jamie Oliver and teacher (and Best Health contributor) Paul Finkelstein, a leader in Canada for advocating better school nutrition. The restaurant sector has in recent years significantly reduced the amount of trans fats in fried foods and a growing number of companies are now looking at their use of salt.

See the full story – along with some eye-opening nutrition information of restaurant meals at Canada's most popular chains – in the new issue of Best Health.

Is stretching good?

A new study seeks to dispel old myths.
Shows that there is near-zero effects on preventing injury

CELIA MILNE
life@metronews.ca

Should you stretch before and after exercise?

It might help you get fired up, but it won't prevent soreness and injury later on. That's the definitive answer to this age-old question, thanks to Australian researchers. Scientists in Melbourne recently reviewed 12 randomized trials on stretching and found "near-zero" effects on muscle pain.

"I would like to dispel the myth that stretching prevents injury or muscle soreness after exercise," says lead author Nicholas Henschke (PhD), research fellow at the Musculoskeletal Division at the George Institute for Global Health in Sydney, Australia.

This neutral finding was found across the board: in both men and women, no matter where the testing was done, no matter how intense the stretching, and no matter whether subjects were athletic or untrained.

An earlier large-scale review done in Hong Kong in 2011 found that stretching does not prevent soft-tissue injuries such as muscle strains and sprains.

To say that stretching keeps you healthy is – well – a stretch! Melbourne reviewers did say it may help pump you up for exercise.

Perhaps you'll run faster or play better.

"While there may not be evidence to show that stretching can reduce injury or muscle soreness," says Henschke,

"it could have other benefits. For example, it is widely believed that stretching can improve sporting performance or produce a feeling of readiness for exercise." The article was published in the British Journal of Sports Medicine.

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THIS WEEK: The Alarming Rate of Childhood Tooth Decay

Classy and locally-made is a winning combo at Viva Loca

Crepe with smoked turkey, balsamic fig and brie. SHARI GOODMAN

LUNCH RUSH
Shari Goodman
life@metronews.ca

Viva Loca means living the crazy life. But you'd be crazy if you didn't enjoy a crepe, some carrot cake and a coffee at this modern café.

Located in the foyer of the Great Canadian Theatre Company (GCTC), Viva Loca offers a few locally-made condiments along with its menu of breakfast options, crepes, and other sandwich choices.

In the small kitchen, one employee takes orders while the other cooks. Meanwhile, I wait at a tall table by the window to enjoy the free wi-fi.

I ordered a crepe. Though the batter needed to be made fresh, I was willing to wait… and it was worth the short wait. The combination of smoked turkey, balsamic fig and brie was creamy, sweet and meaty.

On the side, the salad was crisp and drizzled with a homemade balsamic vinaigrette.

A large slice of carrot cake sprinkled with coconut was moist, not oily and the perfect sweet bite with my coffee.

Viva Loca is a classy place that's infused with homemade charm.

Visiting the restaurant

Viva Loca

Address. 1233 Wellingston St.

Phone. 613-236-5192

Rating. 4/5

Price range. $

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Client negotiations. Yes

Reservations. No

Basque Chicken Stew. Thighs are the base for vibrant Spanish dish

Ingredients

- 2 tomatoes
- 500 g (1 lb) boneless, skinless chicken thighs
- 30 ml (2 tbsp) olive oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 45 g (1 1/2 oz) prosciutto
- 2 cloves garlic, minced
- 2 ml (1/2 tsp) each salt and smoked paprika
- 1 ml (1/4 tsp) pepper

1 Cut tomatoes in half crosswise. Gently squeeze out seeds and chop; set aside. Trim off excess fat from chicken thighs; cut each in half.

2 In large saucepan, heat 15 ml (1 tbsp) of oil over medium heat; cook chicken, in batches, 3 minutes per side or until golden. Transfer to plate.

3 Add remaining oil to pan; cook onion and red pepper for 3 mins. or until softened. Add ham, garlic, salt, paprika and pepper; cook 1 minute. Stir in tomatoes. Nestle chicken in sauce and bring to a simmer; cover and simmer for about 15 minutes or until juices run clear when chicken is pierced.

FOODLAND ONTARIO/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)

Deli flavours get all rolled up

Here is a great way to enjoy the tastes of a deli wrapped up in one sandwich!

A stromboli is kind of a cross between a grinder and a calzone. Bread dough is rolled out, filled with sliced meats, cheeses and vegetables, then rolled up into a roll and baked.

To serve, stromboli are simply sliced like a loaf of bread, creating a spiral baked sandwich that is perfect for large parties.

If you like, you also can serve sandwich condiments (or even warmed marinara) alongside the stromboli slices for dipping.

This recipe offers suggestions for fillings, but mix and match to suit your group (or devise your own combination).

Just be careful with vegetables. Because you will be baking the fillings in the dough, watery vegetables (such as tomatoes) can release too much liquid during cooking.

To avoid this, cook most vegetables in a skillet before adding them. Change up the flavours by using different vegetables and other favourite pizza fillings and cheeses.

This stromboli recipe serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Cooking spray
- 15 ml (1 tbsp) olive oil
- 500 ml (2 cups) chopped raw vegetables, such as peppers, onions and mushrooms
- 2 cloves garlic, minced
- 50 ml (1/4 cup) chopped pitted kalamata olives
- 15 ml (1 tbsp) drained chopped capers
- 5 ml (1 tsp) dried Italian herb seasoning
- Salt and freshly ground black pepper
- 1 ball pizza dough (about 550 g/20 oz)
- 285 g (10 oz) sliced deli meat, such as salami and ham
- 250 ml (1 cup) grated provolone or mozzarella cheese

1 Coat a large baking sheet with cooking spray. In a large skillet heat oil over medium-high and cook the vegetables and garlic, for about 5 to 10 minutes or until all veggies are tender and any liquid has evaporated.

2 Stir in the olives, capers and Italian seasoning. Season with salt and pepper, then set aside to cool slightly.

3 On a lightly floured surface, roll out the dough to a 30-by-40-cm (12-by-16-inch) rectangle. Arrange sliced meat over dough, leaving a 2.5-cm (1-inch) border on longer sides, as well as the end farthest from you. Spread the cooked vegetables of your choice over the meat, then sprinkle with cheese

4 Starting with the side closest to you, roll the stromboli up like a log. Pinch seam and ends to seal. Transfer log to prepared baking sheet with seam on bottom.

5 Using a paring knife, make 3 deep slits in top of loaf. Heat oven to 190 C (375 F). Let stromboli rest for 20 minutes while oven heats.

6 Bake for 40 to 50 minutes or until a meat thermometer inserted at the centre reads 83 C (180 F). The outside should be golden brown and should sound hollow when tapped. Let cool for at least 20 minutes before slicing.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Speedflirt
Introducing Speedflirt, a flirty new app for meeting singles in your city looking for love or friendship. Create a profile, browse profiles and find your match!
Download and install the free app for your mobile device - available on the App Store or also available in Android Market.
Available in Android Market
Available on the App Store
Speedflirt

Remember: Etiquette is for everybody, everyday

You don't need Nanny McPhee's magic to improve your kids' table manners. HANDOUT

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles, I love your column. And now I'm in need of some advice. Do you know of any courses in etiquette? I ask because I would like to help children with etiquette, especially those with less advantaged backgrounds. However, I can't find any courses in Toronto.
Yours truly, Roberta

Dear Roberta,

Thank you for your kind words about my column. It is so much fun to write and I consider myself very lucky to work with all of you readers.

Regarding etiquette classes for children, I have looked across Canada and have not found any as of yet. What I have seen however, is sometimes a local church or private club will invite an etiquette expert in their area to speak to their members and sometimes they will do a children's class. I believe very strongly that if this is something you believe in, that you should organize a group in your local area and invite an etiquette expert to come and speak. Remember etiquette is not for rich or snobby people; etiquette is for all of us, everyday. I believe that children who are taught etiquette lessons when they are young have better opportunities in life and in business because of their social skills. And selfishly, it is just so much nicer for all of us to be around someone with good manners! So go out there, get something organized and let us know how it goes. If you write to me I will do my best to guide you and your group through the process!

'Mommy porn' coming to a bookstore near you

Book. Popular romance trilogy, E.L. James' Fifty Shades of Grey, gets US publisher

E.L. James' Fifty Shades of Grey trilogy, a word-of-mouth romance smash so erotic it's sometimes labelled "mommy porn," has been signed up by a paperback division of Random House Inc.

Vintage Books announced Saturday that it had acquired the three books — Fifty Shades of Grey, Fifty Shades Darker and Fifty Shades Freed. E-book editions were set to be released Monday and paperbacks are expected in early April.

The novels had been distributed by an Australia-based publisher, the Writer's Coffee Shop Publishing House. The trilogy follows the romance between a young billionaire, Christian Grey, and a college student, Anastasia Steele. It has sold more than 250,000 copies, and on Saturday, the first volume was No. 1 on both Amazon.com and barnesandnoble.com.

"Fifty has taken me on an extraordinary and wholly unexpected adventure, and I'm thrilled to be continuing it with Vintage," James, a former television executive based in London, said in a statement issued Saturday by Vintage.

"I've heard from so many readers trying to find these books in their local bookshops and libraries. It is gratifying to know that they will soon become widely available in the U.S. and around the world."

James' trilogy began as fan fiction, a thriving genre online in which fans write variations of their favourite books and characters, stories usually intended solely for fellow aficionados. James used the vampire Edward and teen Bella from Stephenie Meyers' mega-selling Twilight and placed them in Seattle.

First called Master of the Universe and published two years ago on the website fanfiction.net, James' stories attracted a strong following and were released commercially in 2011 by Writer's Coffee Shop.

Sales

250,000

The Fifty Shades of Grey trilogy has sold more than 250,000 copies.

The books' success has set off a strong debate online.

On a chat room for NBC's Today show, which ran a segment on the trilogy earlier this month, several negative messages were posted, saying it was wrong for readers to pay for a trilogy originally available for free and that Christian and Anastasia were stand-ins for Edward and Bella.

In an email Saturday, romance author and blogger Sarah Wendell said similarities to Twilight included "the hero's 'long hands,'" the "klutzy heroine with auburn hair" and the narrative being "told from the heroine's very deep first-person point of view."

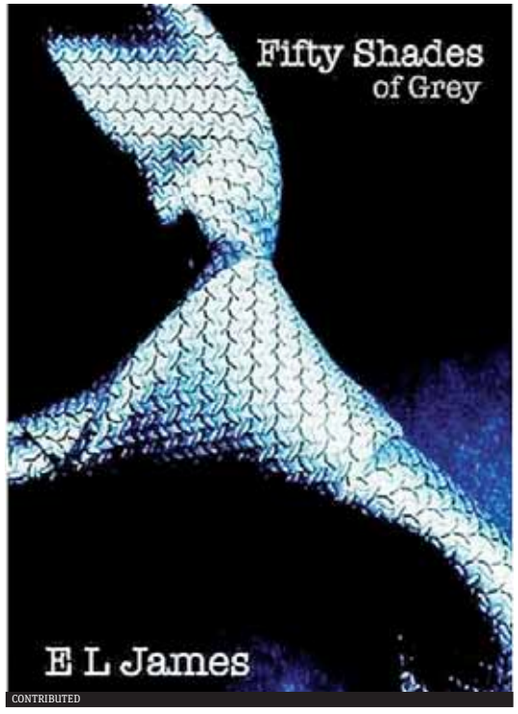
"The themes of Twilight are very much repeated," she added, "innocent heroine, dark, emotionally unavailable hero with a secret, isolation of the heroine from the rest of the world while with the hero, and the hero's overwhelming ability to care for and provide for the heroine with limitless wealth. It's a wealth fantasy as well as an erotic fantasy."

Vintage defended 50 Shades as an original creation with a passionate following.

"It is widely known that E.L James began to capture a following as a writer shortly after she posted her second fan fiction story," Vintage said in a statement.

"She subsequently took that story and re-wrote the work, with new characters and situations. That was the beginning of the Fifty Shades trilogy. The great majority of readers, including fan fiction aficionados, have found Fifty Shades deeply immersive and incredibly satisfying."

THE ASSOCIATED PRESS



CONTRIBUTED

Advice

Company on the road to recovery

Dear Sisters,
I'm a recovering alcoholic and my husband, although supportive on the surface, seems to be more concerned with how inconvenient it is for his lifestyle and gets jealous when I spend time with my male friends from the meetings. How can I get him to help my recovery instead of being so self-centered?
AA.

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Claire: Dear AA,

Please see Step 8 of the 12 steps of AA, which requires you to make amends to all those you have harmed as a result of your addiction. I'm guessing that you two have been through a lot these past few years, and yet he's still there next to you. And I'm guessing that he has as much to recover from as you do, so you owe each other compassion, kindness and a lot of time and healing.

If he has a hard time with this aspect of your recovery, think about why, and see if you can find a compromise, together. Good luck to you both, and well done.

Andrea: Dear AA,

First off, congratulations on taking the road to recovery — it's an incredible transformation from where you were.

As you are creating this new life, it's normal for others around you to have to catch up, even if the change is for the better. If you can find a way for your husband to participate in the process with you, he should feel less defensive about your male friends. This will help strengthen your relationship in the long run. Remember the saying "work hard, play hard," though. Making time to enjoy each other and to fall in love again is just as important to your success. Namaste!

Are we a nation of money dummies? Take the quiz to find out how you fare

Financial literacy. Canadians still have a long way to go when it comes to being savvy about spending and saving

YOUR MONEY
Alison Griffiths
money@metronews.ca

If there's a growth industry in Canada over the past several years it's been financial literacy. We have seminars, forums, conferences, gala dinners, government pronouncements and umpteen columns and blogs by personal finance writers all aimed at promoting and improving financial literacy.

Heck, we Canadians even have a financial literacy month — it's November if you didn't already know!

So how have we done?

Not that well, according to a survey just released by the Financial Consumer Agency of Canada.

The agency asked five questions of more than 2,000 Canadians. Shockingly, only four per cent of respondents got all the questions right and only 23 per cent correctly answered four of the five. And these questions were hardly stumpers!

Take the true or false test yourself.

1. When you open an account, the bank must give you a written statement of all service fees and charges.
Correct answer: True. If you got this one right, you're in good company, as 80 per cent of those surveyed did also.

2. You won't pay interest on a cash advance as long as you pay your credit card balance in full by the due date indicated on your statement.
Correct answer: False. Only 40 per cent got this right and it can be a costly mistake as interest is charged the minute you withdraw the money.

3. A bank cannot refuse to open an account because a person has filed for bankruptcy, doesn't have a job or has no money.
Correct answer: True. Only 35 per cent knew about this basic right.

4. If you want to pay off or renegotiate your mortgage before the maturity date, you will never have to pay a penalty greater than three months' interest.
Correct answer: False. Sixty-one per cent got this one wrong and it too can be a costly mistake.

Alison's money rule:

"If you are aiming for financial literacy, start by testing your basic assumptions."

Let's start talking about money. ISTOCK

5. Financial institutions allow account holders to share their PIN with other family members, such as a spouse.
Correct Answer: False. Heartheningly, 67 per cent got this correct.

While there was some encouraging news in the survey results, overall the fact is Canadians still have a long way to go until they are financially literate.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

How do joint accounts work?

- Sharing: 86% of Canadians know that joint account holders have equal responsibility for their chequing and savings accounts.

Protect your money

March is fraud prevention month

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

Don't let a fraudster steal your hard-earned savings. ISTOCK

I 'win a free cruise' by way of an unsolicited phone call at least once a month. I don't know why or how my phone number is made available to these fraudsters, but it happens and it irritates me.

Fraud prevention is important so that you don't end up in a poor financial position you didn't create.

Take a common sense approach to protecting your personal and financial information. If an offer looks too good to be true, it probably is!

If you don't recognize a phone number, don't pick it up. Let it go to voice mail. Legitimate people will leave a detailed message and request a call back. If someone you don't know wants your personal information or to sell you a suspicious product or service, stop talking to them!

Beware of individuals that try to sign you up for a sales program that looks like a pyramid or Ponzi scheme. If you get a bad vibe from someone, or the company they are associated with, don't ask them for referral. You'll need to conduct independent research.

When surfing the Internet or social networking, limit the amount of information you disclose.

Never give out your address, phone number or banking information.

If you're shopping online, ensure the payment website is secure. If you're not sure it is, call the company that makes the product directly and talk to the privacy officer. Never click on a pop-up window, especially if the advertisement is requesting your personal information.

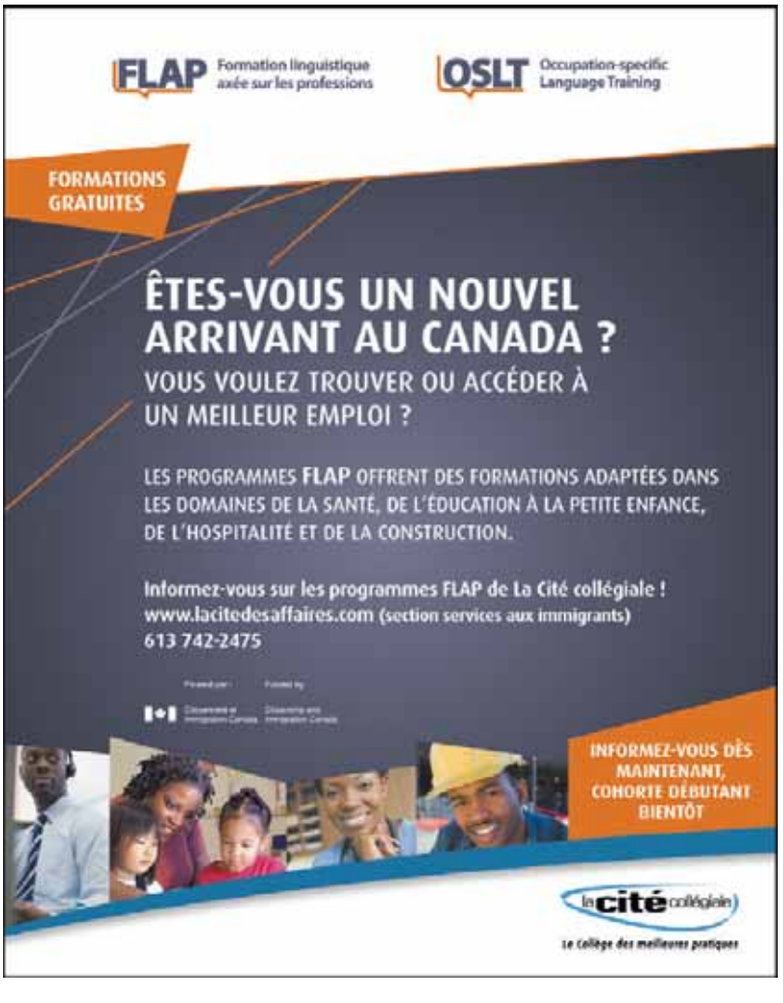
If you receive email requests for information, verify the message and sender using a third party unrelated to the message.

Change your passwords regularly and try to make them difficult for fraudsters to guess, but easy for you to remember. Typically a combination of numbers and letters is best. Check that your computer's operating system is fully updated and that you have a robust security system that includes a personal firewall, anti-spam, anti-virus and anti-spyware.

Log off everything; especially online banking!

If you slack off protecting your information, your identity could be stolen, resulting in financial ruin. Don't leave yourself vulnerable to fraud!

FIND LESLEY SCORGIE ONLINE AT LESLEYSCORGIE.COM OR FOLLOW HER ON TWITTER @LESLEYSCORGIE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4
SPORTS

In brief

Perfect bracket extremely unlikely

Want to be sure of filling out the perfect March Madness bracket this year? Not possible. If you were to stack the amount of paper it would take to fill in every bracket with every possibility among the 68 teams who will play 67 games over the next three weeks, it would not fit inside the universe. So says Michael Weimerskirch, a math professor at Augsburg College, who gets paid to think about numbers and the way they affect the Kentuckys, Butlers and VCUs of the world.
THE ASSOCIATED PRESS

Vancouver's Manny Malhotra checks Montreal's Rene Bourque against the glass on Saturday. DARRYL DYCK/THE CANADIAN PRESS

GMs hope to make at least one rule change

NHL. Hybrid-icing rule may finally have enough support to be added to rule book

When NHL general managers sit down to discuss rule changes, two principles guide them through the decision-making process.

"Every time we make a rule it's about safety or scoring more goals," Carolina Hurricanes GM Jim Rutherford said Monday.

The 30 custodians of the game emerged from the first day of their annual March meeting feeling optimistic that they'll be ready to recommend a change that falls under each category.

After years of discussion, it looks like there is finally enough support to adopt a hybrid-icing rule that would see the faceoff circle being used as the marker where a play can be blown dead. It's already in place in NCAA hockey and is designed to keep players from crashing into the end boards while racing back for the puck.

"It makes sense, it makes it safer for the players," said Rutherford. "You're not going to get as many of those collisions right along the boards."

The second change that earned strong support was the elimination of hand passes in the defensive zone — an infraction that could become a penalty. The GMs feel too many players are using the ability to glove the puck with their hand as a tactic on faceoffs.

No official rule changes have yet been proposed.

While hybrid icing and the elimination of hand passes both earned the approval of the seven managers who discussed them in a breakout session Monday, they still need to be debated by the entire group before the meetings wrap up Wednesday. Twenty managers must give their support a rule for it to be passed on to the competition committee.

None of the other items on the agenda gained much support, including the possible re-introduction of the red-line. The majority of the managers also remain in favour of keeping the trapezoid that prevents goaltenders from playing the puck in the corners.

Among the other items discussed were the possibility of using video to review goaltender-interference calls, allowing players to "bearhug" an opponent and creating a ringette line across the top of the circles that would be used to blow down two-line passes.

"This is a great meeting," said Toronto Maple Leafs GM Brian Burke. "I think fans would be very impressed if they sat in the room and watched the time and care that goes into these discussions. The GMs take very seriously their role as custodians of the game.

"The discussions are detailed and soul-searching, it's important. I'm always impressed when I watch this group work."

The first day of meetings also included a video presentation from Brendan Shanahan, who heads the player-safety department in addition to handing out supplemental discipline.

The league is encouraged by what it believes is a change in player behaviour after the creation of new rules that govern hits to the head and charging over the last two seasons. They've seen far fewer dangerous hits as a result.

"I think we have smart players that adapt," said Philadelphia Flyers GM Paul Holmgren. "When you put in a Rule 48 or a Rule 41 and we made the changes that we've made over the last couple years, they're smart guys."
THE CANADIAN PRESS

Hybrid-icing rule

Under the new proposal, icing would be called if the defending player crossed the faceoff circle first.

- The play would be allowed to continue in instances where the attacking player was leading the race. "We don't want to eliminate the chase," said Florida Panthers GM Dale Tallon.
- Leafs GM Brian Burke had previously put it on the agenda for five years running without any success, but more support started to build after managers saw it in action at the summer research and development camp.
- A number of players have been seriously injured while racing for the puck, including Edmonton Oilers prospect Taylor Fedun, who shattered the femur in his right leg during pre-season and only recently started skating again.

Injury tally

No increase in concussions this season: NHL

The NHL says the number of concussions suffered by players this season is on par with the amount that occurred a year ago.

That's viewed as a positive development by the league's player-safety department, particularly with all of the focus on those types of injuries and the belief teams and players are doing a better job of identifying them.

"What I can say is we're continually looking at all ways to bring this number down," Kris King, the NHL's vice-president of hockey operations, said Monday. "The fact that it stabilized after a huge increase from two years ago is a positive, I think."

As a policy, the league doesn't release the exact number of head injuries suffered by its players.
THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	68	43	18	2	5	188	148	93	23-7-0-2	20-11-2-3	5-3-1-1	W1
d-Boston	68	40	25	1	2	222	164	83	20-13-1-1	20-12-0-1	4-5-0-1	L2
d-Florida	68	32	23	5	8	166	191	77	17-9-1-7	15-14-4-1	5-3-0-2	W1
Pittsburgh	68	42	21	2	3	219	173	89	24-8-2-0	18-13-0-3	9-1-0-0	W9
Philadelphia	68	39	22	2	5	220	197	85	17-10-1-4	22-12-1-1	7-3-0-0	L1
New Jersey	69	40	24	2	3	195	179	85	19-12-0-3	21-12-2-0	5-4-1-0	W4
Ottawa	70	36	25	6	3	216	206	81	18-13-2-2	18-12-4-1	6-3-0-1	L1
Washington	69	35	28	3	3	184	193	76	23-10-1-2	12-18-2-1	6-3-1-0	W3
Winnipeg	69	32	29	4	4	181	195	72	21-10-1-3	11-19-3-1	5-3-1-1	L2
Buffalo	69	32	29	4	4	171	194	72	17-11-3-4	15-18-1-0	7-2-1-0	W1
Tampa Bay	68	31	30	4	3	191	233	69	20-11-1-1	11-19-3-2	5-4-1-0	L3
Toronto	69	30	31	4	4	200	212	68	16-13-3-3	14-18-1-1	1-7-1-1	L4
Carolina	69	26	28	9	6	181	207	67	17-13-1-5	9-15-8-1	4-2-2-2	L1
NY Islanders	69	28	31	7	3	159	201	66	15-15-5-0	13-16-3-2	3-5-2-0	L3
Montreal	69	27	32	2	8	183	193	64	12-15-2-6	15-17-0-2	3-7-0-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	70	45	18	1	6	183	135	97	28-4-1-3	17-14-0-3	9-1-0-0	W5
d-Vancouver	69	42	19	1	7	215	172	92	20-9-0-4	22-10-1-2	4-4-1-1	L1
d-Dallas	69	38	26	1	4	185	183	81	20-12-0-3	18-14-1-1	9-0-0-1	W5
Detroit	69	44	22	1	2	217	162	91	28-4-1-1	16-18-0-1	4-5-0-1	L1
Nashville	68	40	21	3	4	195	175	87	23-8-2-3	17-13-1-1	7-2-0-1	W2
Chicago	70	37	25	4	4	209	206	82	23-7-1-4	14-18-3-0	5-4-0-1	L1
Phoenix	69	34	25	3	7	178	173	78	18-12-2-3	16-13-1-4	5-4-0-1	W1
Calgary	69	32	25	5	7	173	191	76	18-9-1-4	14-15-4-3	4-2-1-3	W3
Los Angeles	69	32	25	5	7	154	152	76	17-13-0-4	15-12-5-3	5-4-0-1	W1
Colorado	70	36	30	3	1	183	187	76	20-15-0-1	16-15-3-0	7-3-0-0	W1
San Jose	67	33	25	4	5	184	173	75	19-11-2-1	14-14-2-4	2-6-0-2	L5
Anaheim	69	29	30	4	6	171	193	68	18-14-2-0	11-16-2-6	4-6-0-0	L2
Minnesota	69	29	30	2	8	150	193	68	15-13-1-3	14-17-1-5	3-6-0-1	L1
Edmonton	68	26	35	3	4	180	206	59	16-14-2-2	10-21-1-2	4-5-1-0	L2
Columbus	69	22	40	2	5	161	223	51	13-20-1-2	9-20-1-3	5-5-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Montreal at Buffalo
Anaheim at Colorado
San Jose at Edmonton
Nashville at Phoenix
Sunday's results
Calgary 4 Minnesota 3
Washington 2 Toronto 0
Pittsburgh 5 Boston 2
Florida 2 Carolina 0
Los Angeles 3 Chicago 2 (SO)
St. Louis 2 Columbus 1
New Jersey 4 Philadelphia 1
N.Y. Rangers 4 N.Y. Islanders 3 (OT)
Tonight's games
All Times Eastern
Washington at N.Y. Islanders, 7 p.m.
New Jersey at Philadelphia, 7 p.m.
Boston at Tampa Bay, 7:30 p.m.
Toronto at Florida, 7:30 p.m.
Carolina at N.Y. Rangers, 7:30 p.m.
Dallas at Minnesota, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
San Jose at Calgary, 9:30 p.m.
Detroit at Los Angeles, 10:30 p.m.
Tomorrow's games
Colorado at Buffalo, 7:30 p.m.
Ottawa at Montreal, 7:30 p.m.
Dallas at Winnipeg, 8:30 p.m.
Columbus at Edmonton, 10 p.m.
Phoenix at Vancouver, 10 p.m.
Detroit at Anaheim, 10 p.m.

CALENDAR

March 12-14 — NHL general managers meeting, Boca Raton, Fla.
April 7 — Regular season ends.
April 11 — Stanley Cup playoffs begin.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	38	46	84
Stamkos, TB	48	34	82
Giroux, Pha	25	55	80
Spezza, Ott	29	44	73
Kessel, Tor	34	37	71
Kovalchuk, NJ	30	41	71
Karlsson, Ott	18	51	69
Hossa, Chi	27	40	67
Lupul, Tor	25	42	67
Elias, NJ	24	43	67
H.Sedin, Vcr	13	53	66
Neal, Pgh	31	34	65
Eberle, Edm	30	35	65
D.Sedin, Vcr	28	36	64
Tavares, NYI	27	37	64
Parise, NJ	27	35	62
Pominville, Buf	25	37	62
Eriksson, Dal	23	39	62
St. Louis, TB	22	40	62
Thornton, SJ	14	48	62
Gaborik, NYR	33	28	61
Ra.Whitney, Phx	21	40	61
E.Staal, Car	19	42	61
Parenteau, NYI	15	46	61
Hartnell, Pha	32	28	60
Iginla, Cal	29	30	59
Datsyuk, Det	16	43	59
Moulson, NYI	29	29	58
Sharp, Chi	26	32	58
O.Jokinen, Cal	21	37	58
Selanne, Ana	21	37	58
Kopitar, LA	20	38	58
Zetterberg, Det	18	40	58
Toews, Chi	29	28	57
Seguin, Bos	24	33	57
Filppula, Det	22	35	57
Pacioretty, Mtl	30	26	56
P.Kane, Chi	18	38	56
Perry, Ana	34	21	55
Vrbata, Phx	30	25	55
Benn, Dal	20	35	55
Purcell, TB	20	35	55
P.Bergeron, Bos	19	36	55
Wheeler, Wpg	16	39	55

Not including last night's games

SOCCER

CONCACAF CHAMPIONS LEAGUE

QUARTER-FINALS

SECOND LEG
All Times Eastern
Tonight's game
Monterrey (Mexico) vs. Morelia (Mexico), 10 p.m.
Tomorrow's games
Santos Laguna (Mexico) vs. Seattle (United States), 8 p.m.
Los Angeles (United States) vs. Toronto (Canada), 10 p.m.
Thursday's game
Pumas UNAM (Mexico) vs. Isidro Metapan (El Salvador), 10 p.m.

EUROPEAN CHAMPIONS LEAGUE

SECOND ROUND

SECOND LEG
All Times Eastern
Today's games
Bayern Munich (Germany) vs. Basel (Switzerland), 3:45 p.m.
Inter Milan (Italy) vs. Marseille (France), 3:45 p.m.
Tomorrow's games
Chelsea (England) vs. Napoli (Italy), 3:45 p.m.
Real Madrid (Spain) vs. CSKA Moscow (Russia), 3:45 p.m.

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Manchester United	28	21	4	3	68	27	67
Manchester City	28	21	3	4	69	20	66
Tottenham	28	16	5	7	52	34	53
Arsenal	28	16	4	8	57	39	52
Chelsea	28	14	7	7	48	32	49
Newcastle	28	12	8	8	40	41	44
Liverpool	27	10	9	8	30	26	39
Sunderland	28	10	7	11	36	31	37
Everton	27	10	7	10	28	28	37
Fulham	28	9	9	10	37	37	36
Swansea	28	9	9	10	31	34	36
Norwich	28	9	9	10	39	45	36
Stoke	28	10	6	12	27	39	36
West Brom	28	10	5	13	34	37	35
Aston Villa	28	7	12	9	31	35	33
Blackburn	28	6	7	15	40	60	25
Bolton	28	7	2	19	31	57	23
QPR	28	5	7	16	29	48	22
Wolverhampton	28	5	7	16	30	58	22
Wigan	28	4	9	15	24	53	21

Yesterday's result
Arsenal 2 Newcastle 1

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	26	23	1	2	88	23	70
Barcelona	26	18	6	2	75	19	60
Valencia	26	12	8	6	40	31	44
Malaga	26	12	4	10	37	37	40
Levante	26	11	5	10	37	37	38
Osasuna	26	9	11	6	31	40	38
Athletic Bilbao	26	9	10	7	42	34	37
Atletico Madrid	26	9	9	8	36	31	36
Espanyol	26	10	6	10	32	35	36
Rayo Vallecano	26	10	4	12	37	43	34
Real Sociedad	26	9	6	11	30	36	33
Sevilla	26	8	9	9	27	29	33
Getafe	26	8	8	10	27	35	32
Mallorca	26	7	9	10	26	32	30
Real Betis	26	9	3	14	31	38	30
Granada	26	8	4	14	22	37	28
Villarreal	26	6	9	11	27	40	27
Racing Santander	26	4	12	10	21	37	24
Sporting Gijon	26	6	6	14	24	48	24
Zaragoza	26	4	6	16	21	49	18

Yesterday's result
Villarreal 1 Getafe 2

GOLF

WORLD RANKING

Through March 11

1. Rory McIlroy	NIR	9.78
2. Luke Donald	ENG	9.09
3. Lee Westwood	ENG	8.12
4. Martin Kaymer	GER	5.88
5. Steve Stricker	USA	5.76
6. Charl Schwartzel	SAF	5.32
7. Justin Rose	ENG	5.14
8. Webb Simpson	USA	5.06
9. Jason Day	AUS	5.05
10. Hunter Mahan	USA	4.96
11. Adam Scott	AUS	4.93
12. Dustin Johnson	USA	4.89
13. Phil Mickelson	USA	4.81
14. Bill Haas	USA	4.62
15. Matt Kuchar	USA	4.59
16. Bubba Watson	USA	4.47
17. Graeme McDowell	NIR	4.45
18. Tiger Woods	USA	4.33
19. Nick Watney	USA	4.31
20. Keegan Bradley	USA	4.20
21. Brandt Snedeker	USA	4.06
22. Sergio Garcia	ESP	4.04
23. K.J. Choi	KOR	4.00
24. Peter Hanson	SWE	3.70
25. Mark Wilson	USA	3.52
26. Bo Van Pelt	USA	3.41
27. Paul Casey	ENG	3.34
28. John Senden	AUS	3.33
29. Thomas Bjorn	DEN	3.31
30. Ian Poulter	ENG	3.28
31. Robert Karlsson	SWE	3.24
32. Alvaro Quiros	ESP	3.23
33. Martin Laird	SCO	3.22
34. Simon Dyson	ENG	3.21
35. David Toms	USA	3.17
36. Louis Oosthuizen	SAF	3.14
37. Aaron Baddeley	AUS	3.10
38. Rickie Fowler	USA	3.10
39. Jason Dufner	USA	3.07
40. Anders Hansen	DEN	3.05
41. K.T. Kim	KOR	3.04
42. Fredrik Jacobson	SWE	3.02
43. Sang-Moon Bae	KOR	3.00
44. Francesco Molinari	ITA	3.00
45. Paul Lawrie	SCO	2.88
46. Zach Johnson	USA	2.82
47. Ryo Ishikawa	JPN	2.80
48. Ben Crane	USA	2.79
49. Kyle Stanley	USA	2.78
50. Geoff Ogilvy	AUS	2.70

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Philadelphia	9	5	4	.556	100	110	—
Rochester	10	5	5	.500	126	121	½
Toronto	9	4	5	.444	104	108	1
Buffalo	8	2	6	.250	93	105	2½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Colorado	10	8	2	.800	130	129	—
Calgary	10	7	3	.700	135	109	1
Minnesota	8	5	3	.625	103	92	2
Washington	10	3	7	.300	101	121	5
Edmonton	8	2	6	.250	83	90	5

WEEK 10
Sunday's result
Washington 11 Colorado 8
WEEK 11
Friday, March 16
All Times Eastern
Buffalo at Toronto, 7:30 p.m.
Saturday, Mar. 17
Edmonton at Philadelphia, 7 p.m.
Minnesota at Buffalo, 7:30 p.m.

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Detroit	6	1	.857
Toronto	8	2	.800
Boston	6	2	.750
Oakland	8	3	.727
Seattle	8	3	.727
Los Angeles	5	4	.556
Minnesota	6	5	.545
Baltimore	4	4	.500
Kansas City	5	5	.500
New York	5	5	.500
Texas	3	6	.333
Cleveland	3	7	.300
Tampa Bay	3	7	.300
Chicago	2	7	.222

NATIONAL LEAGUE

	W	L	Pct
Los Angeles	6	1	.857
San Francisco	8	3	.727
Miami	5	3	.625
Washington	5	3	.625
Chicago	5	4	.556
Cincinnati	5	5	.500
Houston	4	4	.500
Milwaukee	4	4	.500
Philadelphia	5	5	.500
St. Louis	3	4	.429
New York	3	5	.375
Arizona	3	6	.333
Colorado	3	6	.333
Pittsburgh	3	7	.300
San Diego	3	7	.300
Atlanta	1	10	.091

NOTE: Split-squad games count in the standings; games against non-major league teams do not.
Yesterday's results
St. Louis (ss) 5 Atlanta 4
Toronto 4 Baltimore 1
Detroit 7 N.Y. Mets 7 (10 innings)
Philadelphia 4 Pittsburgh 1
Minnesota 2 Tampa Bay 1 (10 innings)
Washington 8 St. Louis (ss) 4
Boston 5 Miami 3 (10 innings)
San Francisco 2 Kansas City 1
Chicago Cubs 8 Cincinnati 6
Oakland 9 Chicago White Sox 4
Cleveland 3 Arizona 2
L.A. Dodgers 9 L.A. Angels 1
Seattle 6 Texas 4
Colorado 11 San Diego 2
Houston vs. N.Y. Yankees
Tonight's games
All Times Eastern
Toronto vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
Philadelphia vs. Houston at Kissimmee, Fla., 1:05 p.m.
Tampa Bay vs. Baltimore at Sarasota, Fla., 1:05 p.m.
Atlanta vs. Miami at Jupiter, Fla., 1:05 p.m.
St. Louis vs. N.Y. Mets at Port St. Lucie, Fla., 1:10 p.m.
Colorado vs. L.A. Dodgers at Glendale, Ariz., 4:05 p.m.
Milwaukee (ss) vs. Oakland at Phoenix, 4:05 p.m.
Chicago White Sox vs. San Diego at Peoria, Ariz., 4:05 p.m.
Texas vs. Cleveland at Goodyear, Ariz., 4:05 p.m.
Chicago Cubs vs. San Francisco at Scottsdale, Ariz., 4:05 p.m.
Cincinnati vs. Kansas City at Surprise, Ariz., 4:05 p.m.
Seattle vs. Milwaukee (ss) at Phoenix, 4:05 p.m.
L.A. Angels vs. Arizona at Scottsdale, Ariz., 4:10 p.m.
Detroit vs. Washington at Viera, Fla., 6:05 p.m.
Boston vs. N.Y. Yankees at Tampa, Fla., 7:05 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	34	9	.791	—
d-Miami	31	9	.775	1½
Orlando	27	15	.643	6½
d-Philadelphia	25	17	.595	8½
Indiana	23	16	.590	9
Atlanta	24	17	.585	9
Boston	21	19	.525	11½
New York	18	23	.439	15
Milwaukee	17	24	.415	16
Cleveland	16	23	.410	16
Detroit	15	26	.366	18
New Jersey	14	28	.333	19½
Toronto	13	28	.317	20
Washington	9	30	.231	23
Charlotte	5	34	.128	27

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	32	9	.780	—
d-San Antonio	26	13	.667	5
d-L.A. Lakers	25	16	.610	7
Memphis	24	16	.600	7½
L.A. Clippers	23	16	.590	8
Denver	23	19	.548	9½
Dallas	23	20	.535	10
Houston	22	20	.524	10½
Minnesota	21	21	.500	11½
Portland	20	21	.488	12
Phoenix	19	21	.475	12½
Utah	19	21	.475	12½
Golden State	17	21	.447	13½
Sacramento	14	27	.341	18
New Orleans	10	31	.244	22

d — division leaders ranked in top four positions regardless of record.

Last night's results
Milwaukee at New Jersey
New York at Chicago
Charlotte at New Orleans
Washington at San Antonio
Detroit at Utah
Minnesota at Phoenix
Boston at L.A. Clippers
Sunday's results
Philadelphia 106 New York 94
L.A. Lakers 97 Boston 94
Cleveland 118 Houston 107
Milwaukee 105 Toronto 99
Orlando 107 Indiana 94
Memphis 94 Denver 91
Atlanta 106 Sacramento 99
Golden State 97 L.A. Clippers 93
Tonight's games
All Times Eastern
Toronto at Cleveland, 7 p.m.
Portland at Indiana, 7 p.m.
Miami at Orlando, 7 p.m.
Houston at Oklahoma City, 8 p.m.
L.A. Lakers at Memphis, 8 p.m.
Washington at Dallas, 8:30 p.m.
Atlanta at Denver, 9 p.m.
Golden State at Sacramento, 10 p.m.
Tomorrow's games
Philadelphia at Indiana, 7 p.m.
Toronto at New Jersey, 7:30 p.m.
Portland at New York, 7:30 p.m.
Charlotte at Houston, 8 p.m.
L.A. Lakers at New Orleans, 8 p.m.
Cleveland at Milwaukee, 8 p.m.
Orlando at San Antonio, 8:30 p.m.
Miami at Chicago, 9:30 p.m.
Detroit at Sacramento, 10 p.m.
Boston at Golden State, 10:30 p.m.
Atlanta at L.A. Clippers, 10:30 p.m.
Utah at Phoenix, 10:30 p.m.

CALENDAR

April 26 — Regular season ends
April 27 — Rosters set for playoffs, 3 p.m. ET
April 28 — Playoffs begin.

LOOKING TO MAKE A CAREER CHANGE?
Read metrowork every Monday & Wednesday.

Toronto's Edwin Encarnacion throws to first during the Blue Jays game against the Astros last Saturday in Dunedin, Fla. KATHY WILLENS/THE ASSOCIATED PRESS FILE

Encarnacion has drive to diversify his game

MLB. Blue Jays DH has high hopes for season after working hard to rehab wrist injuries

All Edwin Encarnacion wants is an injury-free season to show what he can do.

The Toronto Blue Jays designated hitter has been hampered by injuries to his left wrist, which he says he has made stronger as part of an off-season fitness program.

"In the off-season I worked with my wrist every day," Encarnacion said. "This year is going to be different, I think."

He played 134 games last season, batting .272 with 17 homers and 55 RBIs. It's the most games the 29-year-old has played in three seasons with Toronto. He hit 21 homers in 96 contests in 2010.

"When you have a bad wrist, you can swing but it's not going to be the same," he said. "You're not going to have the same power, you're not going to have the same timing.

"Nothing is going to be the same."

He also has expanded his defensive horizons. Primarily a third baseman during his career, he added first base to his resumé last season.

Last September, he began to work on playing left field and played five contests there during winter baseball in his native Dominican Republic.

The work has continued in spring training as he played in left field late in Sunday's 9-5 win over Atlanta. He started at first in Monday's 4-1 win over Baltimore but finished in left.

The intention is to keep his right-handed bat in the lineup during interleague games in National League cities where the DH is not used.

Encarnacion also worked on his fitness during the off-season with a personal trainer.

"I did better work than last year," he said. "I've also been running a lot."

Added manager John Farrell: "I thought he was running well at the end of last year. He's in great shape, he's trimmed down and come in at I think a better playing weight. And he's moving very well.

"You can see it in his pre-game work at third base, it's much more fluid. Compliments to him for taking the initiative to come in the shape he is in."

THE CANADIAN PRESS

Powerful possibilities

"If I play every day and don't get hurt like what happened to me the last couple years I think I can put some numbers up there.... I know I can do it. I can hit 30 home runs."

Blue Jays DH Edwin Encarnacion's outlook on the 2012 season.

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MISCELLANEOUS

Miscellaneous

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Ottawa ON K2B 8L3
have changed my name.
Previously known as surname NIL
given name
RAMASWAMY SUBRAMANIAN
hereafter be called as surname
SUBRAMANIAN given name
RAMASWAMY vide affidavit, dated
17-11-2011 before Sjarif Ismail Public
Notary Province of Ontario.

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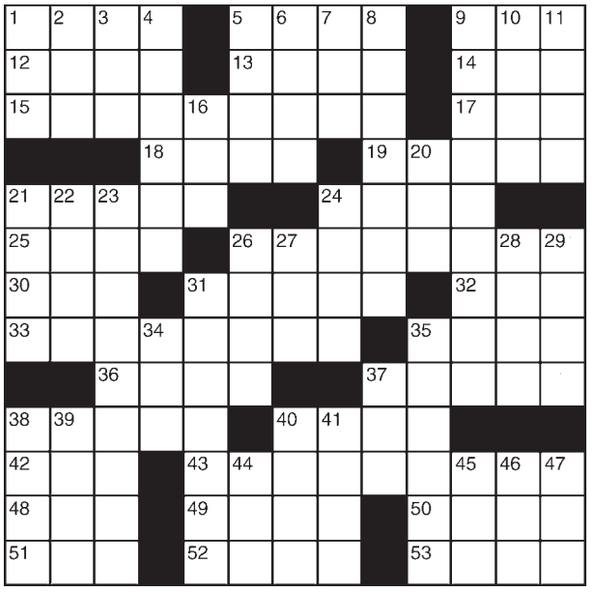
Crossword



Across

1 Paper quantity
5 Begged
9 Prepared
12 — Major
13 Threw
14 Boston cream —
15 1969 Peter Fonda movie
17 Anger
18 Golf target
19 Helped
21 Needed liniment
24 Formerly
25 Lather
26 Harassed
30 Spring mo.
31 Tea type
32 Has possibilities
33 Juniper variety
35 Cow palace?
36 Long-popular musical
37 Tubular pasta
38 Fluttering sound
40 Indiana politico Bayh
42 Stashed
43 Pillow filling
48 Eisenhower
49 Cabin makeup
50 Great Lake
51 Apiece
52 Fat
53 Landlord's due

Down

1 Regret
2 Historic time
3 Donkey
4 Willful violence
5 TV's Dr. McGraw
6 Source of wealth
7 Leading lady?
8 Madden
9 "Turn Off the Dark" hero
10 Ireland
11 Got ready to drive
16 Scepter
20 Hockey surface
21 Somewhere out there
22 Manage somehow
23 Autumnal drink
24 Smell
26 Hotel furnishings
27 Alias (Abbr.)
28 Deserve
29 Unit of force
31 "Stormy" seabirds
34 Ford or Lincoln
35 Binge
37 Standard
38 Lash
39 Raise, as prices
40 Advantage
41 Part of a three-piece suit
44 Debtor's letters
45 Raw rock
46 Victory
47 Trawler need

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer

O	O	H	S		W	O	K		A	G	E	S		
P	R	E	M	I	E	R	E		C	O	R	A		
S	E	M	I	N	A	R	Y		C	A	S	K		
			L	O	N		S	V	E	L	T	E		
A	L	I	E	N		S	T	E	P					
B	A	B	Y		P	L	O	T	T	E	R			
A	C	E		B	R	U	N	O		T	O	W		
	E	X	P	L	O	R	E		A	U	T	O		
			R	A	M	P		P	R	I	C	E		
W	A	S	A	B	I		S	H	E					
A	L	L	Y		S	E	M	I	N	O	L	E		
R	O	U	E		E	M	U	L	A	T	E	S		
D	E	E	D		D	U	G		S	T	O	P		

Sudoku

	9		7	2				
	4		1				2	5
		3	5			4		
						9	6	1
9				4				8
5	3	8						
		4			2	8		
3	6				1		7	
				7	6		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

3	4	8	9	6	2	1	5	7
7	1	5	3	4	8	6	2	9
6	9	2	1	7	5	8	4	3
1	8	6	7	3	4	5	9	2
4	2	9	5	8	1	7	3	6
5	7	3	6	2	9	4	1	8
9	3	7	4	1	6	2	8	5
8	6	4	2	5	3	9	7	1
2	5	1	8	9	7	3	6	4

Send a kiss

- **MUFFIN.** Do you remember when we said "I love you" to each other? That was a very long time ago, almost 10 yrs. I sit here now and think... How could I love you anymore then I do, but that is what I thought back in 2002. You have shown me the way a women is supposed to be treated, With Love and Respect. You are the LOVE of my life.. I love you more as each day passes!! From PIE
- **Bandri.** HEYY baby. cant stop thinking about you , my life is complete with you ..dont ever think of leaving me , muuaahhh a lots of hugs and kisses ....be mine forever as my Wife <3 Marry me. From Harmeet
- **True.** Waiting on a sunny day, they sure will come to us all. Your smile brings the morning light to my eyes and I'm hoping that you're coming to stay. :)
- **Nicki .** I love you with all my heart. From Tristan

Today 14°/1° Showers 40%
Wednesday 11°/0° Showers 40%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. If you have so much to do that you really don't know where to start maybe you should call in an expert.

Taurus | April 21 - May 21. Fame, money and success are important, of course, but the planets are reminding you that there are others things in life you should be focusing on now.

Gemini | May 22 - June 20. It's not immoral to benefit from what your inner voice tells you. In fact that's the reason it's telling you.

Cancer | June 21 - July 22. Do you forgive someone who has hurt you? Your first duty is to protect yourself.

Leo | July 23 - Aug. 22. Make use of other people's knowledge and experience to get what you need.

Virgo | Aug. 23 - Sept. 22. Whatever task you are currently working on you must finish it quickly because by the end of the week you will be on the move again.

Libra | Sept. 23 - Oct. 22. You can get a great deal done with very little effort over the next 24 hours.

Scorpio | Oct. 23 - Nov. 21. If a proposed deal of some kind does not feel right to you then you should either find out more about it or, if that is not possible, give it a miss.

Sagittarius | Nov. 22 - Dec. 21. Do whatever it takes to stay on good terms with partners and loved ones. Show them what tranquility looks like.

Capricorn | Dec. 22 - Jan 20. Don't just assume that other people are telling the truth – check their facts and figures.

Aquarius | Jan. 21 - Feb 18. You will accomplish a lot on your own today but you will accomplish so much more if you make an effort to be a team player.

Pisces | Feb. 19 - March 20. You seem to be negotiating from a position of weakness at the moment and that means you are unlikely to get the best deal. What can you do to strengthen others' respect for you? SALLY BROMPTON

Caption Contest

"Good try, but you're supposed to go UNDER the limbo stick!"
Liz

MARTIN MEISSNER/THE ASSOCIATED PRESS

Win!

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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Karat | Price/gram

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9999 Canada Maple leaf, less than 1 ounce	$51.89/g
24k Jewellery	$40.21/g
22k	$36.83/g
E. Indian/Nuggets	$32.65/g
18k	$30.16/g
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10k	$16.37/g
9k	$15.08/g
8k/antique gold	$10.05/g
Silver Maple Leaf (sealed)	$31.97/coin
Stamped Sterling Silver Flatware	$0.69/g
Platinum (950 purity)	$36.59/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (sealed, recognized)	$1,563.04
Gold 10 ounce (sealed, recognized)	$15,545.89
Gold 1kg (sealed, recognized)	$49,980.05
Gold bars, less than 1 ounce (recognized)	$49.99/g
999 Gold bar (Unrecognized)	$48.63/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver, Sealed)	$31.97/coin

Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	$0.67/g
Stamped Sterling Silver Jewellery	$0.64/g
Mexican Silver stamped 925	$0.54/g
Stamped 800 Silver	$0.52/g
Unstamped scrap silver	$0.34/g
Other silver coins	$0.72/g

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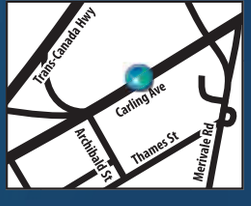

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